TULIP

HYDERABAD'S LIFESTYLE MAGAZINE

VOL 12 | ISSUE 1 | JUNE 2021

EXCLUSIVE

Covid-19
Vaccine Myths
BUSTED!

INTERIORS

Style your work
from home office

FEATURE

*Love
&
Lockdown in
Hyderabad*

11th

ANNIVERSARY
SPECIAL

On The Cover:

ELNAAZ NOROUZI

THE NEW-AGE SENSATION

VISIT…

LANZAROTE
Caliente.COM

Unfold the Timeless
Treasures of Womanhood
Radha Krishna
VASTRANIDHI
Treasures of Womanhood...
A Known Place For Wedding Sarees
Since 1982
RADHA KRISHNA
SILK PALACE
Tradition of Modern Classiks.....

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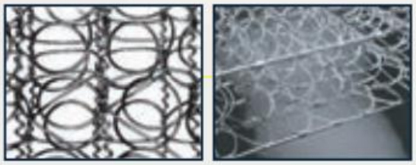

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TULIP
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Publisher and Executive Editor's Note:

We make every effort to publish the magazine that is informative, entertaining and free of errors. We regret any omissions or inaccuracies, which are entirely unintentional. Please do bring to our notice any article that may be incorrect, or any photograph erroneously published. Also, we would be pleased to include any article or photograph that warrants our attention. We believe in the spirit of this city and its lively people and do hope our content bring only smiles on our reader's face. As always, your suggestions are welcome.

TULIP
CONTENTS

Cover Courtesy:

On The Cover
Elnaaz Norouzi

Photographer
Advait Vaidya

Actor's Reputation Management
Raindrop Alter Ego

10.LIFESTYLE
Over a Cappuccino with Dr. Ramaah Vaaghmare

12.FASHION
12 Designer Labels You Should Have On Your Radar!
Trending Styles To Conquer In 2021

40.FEATURE
Love In The Time Of COVID-19

48.COVER STORY
The New-Age Sensation: Elnaaz Norouzi

51.BEAUTY
Flawless Natural Make-up Looks

57.SPECIAL
An Ode To Supermen - Celebrating Father's Day
Lockdown Wedding Edition
Face Mask - A Fashion Statement

67.EXCUSIVE
Dispelling The Common COVID-19 Vaccine Myths

69.INTERIIOR
Style Your Home Offices: The New Work-Life

72.WELLNESS
Trends In Dermato- Cosmetology 2021
Enhance Your At-Home Fitness Routine

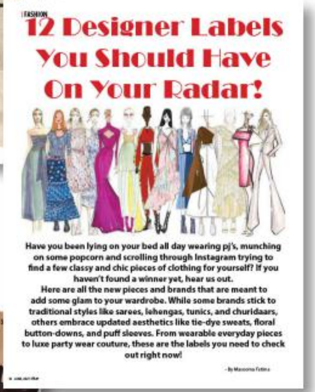
77.TRAVEL
World's Most Beautiful Books Libraries

| Lifestyle

Over a Cappuccino with

DR.RAMAAH VAAGHMARE

An Oncologist by profession and also a certified Yoga Instructor. She is a 1st runner-up title holder of pageant Glamm Onn Miss India 2019.



| FASHION

12 Designer Labels You Should Have On Your Radar!

Have you been lying on your bed all day wearing pj's, munching on some popcorn and scrolling through Instagram trying to find a few classy and chic pieces of clothing for yourself? If you haven't found a winner yet, hear us out.
Here are all the new pieces and brands that are meant to add some glam to your wardrobe. While some brands stick to traditional styles like sarees, lehengas, tunics, and churidaars, others embrace updated aesthetics like tie-dye sweats, floral button-downs, and puff sleeves. From wearable everyday pieces to luxe party wear couture, these are the labels you need to check out right now!

LOVE IN THE TIME OF COVID-19

The pandemic has impacted relationships both for better and worse. Couples have faced challenges during the pandemic and went through separations, while many couples got a chance to spend ample time with each other to understand each other better and strengthened their bond. We spoke to some adorable couples from Hyderabad about the effect of pandemic on their marriage. Here are a few tips they have given for couples to keep the spark alive.

Lockdown Wedding Edition

Although this pandemic has left us all 6 feet apart, lovers have always found a way to be together. With the covid restriction and guidelines putting a stop on large gathering events. Couples have resorted to intimate wedding session. Some couples have also opted for court marriage to get away from the hassle of planning and inviting. Indian weddings are known for their grand celebration and festivities. Even during this lockdown couples and wedding planners have found ways to make the event a happy and fun occasion. If you're planning a wedding this lockdown we have a list of idea for an awesome lockdown wedding:

| EXCLUSIVE

Dispelling The Common COVID-19 Vaccine Myths.

Ever since the availability of COVID-19 Vaccines, there have been many falsehoods and misinformation circulating. With so many mix-ups of information out there pertaining to th vaccine it is difficult to decide whether to get the vaccine and it is important t separate myths from facts.

Tulip spoke to Dr K Subba Reddy, MD, PDCC, IDCCM, IFCCM, EDIC, Sr. Consultant and Head, Critical Care, Apollo Health City, ISCCM Hyderabad Chairman, to debunk some of the most common coronavirus vaccine myths and conspiracy theories.

WELLNESS |

Trends in Dermato- Cosmetology 2021

Dr. Sravya Chowdary Tipirneni originally from Hyderabad is a highly qualified Consultant Dermatologist & Cosmetologist at Columbia Asia Hospital Whitefield, in Bengaluru, India.
She completed her MBBS from Kamineni Institute of Medical Sciences & Research in 2010, as one of the top ten graduates of her class and then went to Chicago, USA in 2011, and completed Clinical Clerkship at a Heart Transplant Center, Pre and Post Heart Transplant Care, specializing in LVAD (Left Ventricular Assist Device). She was the college topper in MD - Dermatology, Venereology & Leprosy in 2015, which she persued from Vydehi Institute of Medical Sciences and Research Centre. Dr. Sravya Chowdary Tipirneni graduated as the Valedictorian & elected Class Representative in the Advanced Management Program in Healthcare (AMPH) at the prestigious Indian School of Business (ISB) in 2019.

EDITOR'S DESK JUNE

Dear Readers,
This month of June is an auspicious one for us, as we at Tulip Magazine, Hyderabad, celebrate 11 years!
We are 11, which means 11 years of us, and 11 times of fun.
Of course, this could not have been accomplished without the readers, who have pushed the team to deliver content that inspires and motivates. We have made it to 11 years of Tulip that have accompanied struggles and challenges but fortunately have resulted in a huge success.

I would like to thank the entire team for their unsolicited work hours and dedication and for being a part of this journey and helping Tulip grow, I would also like to thank our advertisers, for their incitement and contribution, without whom this level of greatness would not have been achieved.

With lots of love, we bring to you, the 11th Anniversary issue and hope for many more to come.
In this edition we get up-close and personal with Elnaaz Narouzi, looking stunning on the cover. We have everything covered for you, from Love in the time of COVID-19 to face masks as a fashion statement and enhancing your fitness routine as we advance towards the monsoon season.
So, sit back, relax and indulge in a tulip experience through our anniversary edition!

Esam

Esam Ahmed Bilgrami

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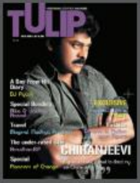
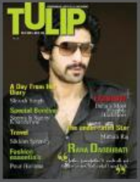
HERE'S WHY

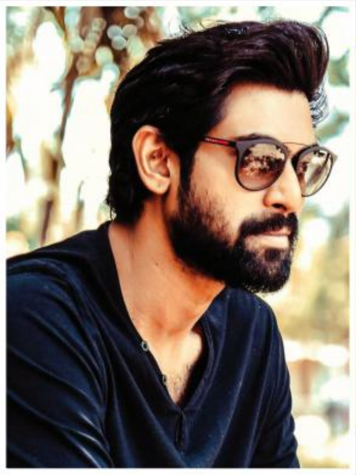




Amala Akkineni,

Chair person, Blue Cross Hyderabad

"Tulip is always a fun read; the pictures are amazing and it always gives us interesting information. Congratulations to the Tulip Team. Many more years to come!"



Rana Daggubati Actor

"If a magazine has stood strong for 11 consecutive years, then it's a highly successful magazine according to me. I would like to congratulate Tulip on its 11th anniversary and wishing many more anniversaries to come. Keep up the good job! Cheers!"

Jwala Gutta

"Tulip is an amazing magazine! It has achieved a lot in a very short span of time. Tulip is unique in its own way and has an interesting voice through which it represents the city. It has the right amount of information, glamour and involvement of readers. I wish Tulip all the very best!"

Shilpa Reddy

Entrepreneur/Fashion Designer

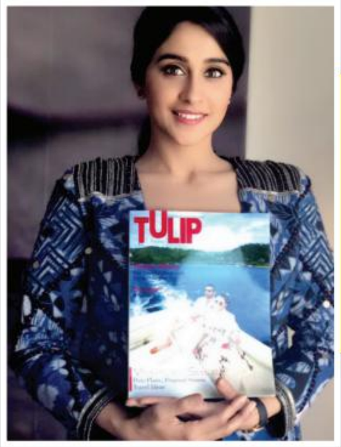
"Tulip Magazine has grown leaps and bounds from the time I was featured on its cover a few years ago. The magazine is very pictorial, precise and to the point. I like the quality that it maintains. It's a wonderful magazine with a good readership, proof enough that it has sustained beautifully for so many years wherein there were many magazines that started and vanished all without a trace."

Pragya Jaiswal

Actor

"Tulip is one magazine I like reading during leisure time. They've been doing a wonderful job with the variety of articles they publish. Congratulations on the 11th anniversary!"

THEY LOVE TULIP



Regina Cassandra

Actor

"My hearty congratulations to Tulip on the completion of its 11 years. A very Happy Birthday! Here's to many more years to come. All the best!"

Adarsh Balakrishna

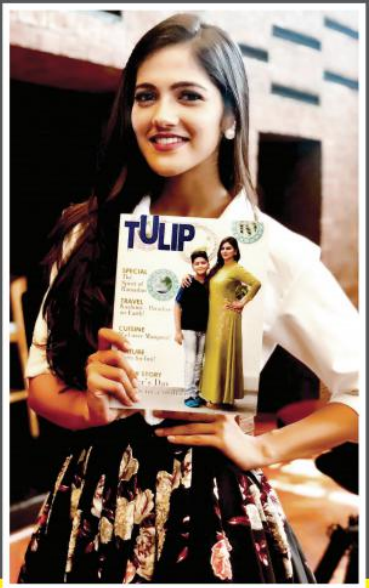
Actor

Tulip has always done a good job of being a well-rounded lifestyle magazine and I congratulate them for having completed 11 glorious years. I wish you a lifetime more!

Harshvardhan Rane

Actor

I want to congratulate Tulip for their 11th year of grand success. It is one of the best magazines in the City and is very happening and lively. It covers a wide range of topics. I wish them the very best and many more years of success to come.



Simran Choudhary, Femina Miss India Telangana, 2017

Congratulations to the entire Tulip team on their 11th year anniversary! I'm extremely ecstatic as I was a part of the eighth anniversary issue. Thank you so much for this opportunity!

Nyara Banerjee

Actor

Here's wishing Tulip a very very happy 11th anniversary! I was part of the 6th anniversary issue. Yooohoo! It was a pleasure being on the cover! Lots of luck and success! God bless!"

Over a Cappuccino with

DR.RAMAAH VAAGHMARE

An Oncologist by profession and also a certified Yoga Instructor. She is a 1st runner-up title holder of pageant Glamm Onn Miss India 2019.

What is a typical day like in your life?

My day starts with my pet dog, taking my pet around for a walk followed by an hour of Yoga & Pranayama, then I check my schedule for the day ahead (I plan my next day every night before going to bed). Being a doctor, there are no fixed working hours as such, my day revolves around my cancer patients and during this pandemic, it's more of teleconsultations. This being the need of the hour I am voluntarily taking up teleconsultations for covid.

What inspires and motivates you?

My inspiration comes from the fact that I always want to be an independent woman breaking all the stereotypes that I have been facing since I was a little. I want to make the most of my life. To keep up the spirits I read inspiring books by inspiring authors, about interesting and inspiring topics. Sometimes I just look around me and find inspiration in the world outside. and I am beyond blessed to have elder brothers who always believed in me and motivated me, no matter what.

What does it take to be successful in the field you excel in?

I truly believe that I still haven't reached a stage in my life where I can call myself successful. I feel, the moment you consider yourself successful, the learning stops, I'm still working on myself to improve and to get better at life every single day.

Tell us a funny incident which happened with you?

One is never short of funny incidents especially when you have a pet at home. Sonu is a great-dane and powerhouse of our family that bonds us together. Recently while I was stepping out of my house, I told Sonu that I am going to get another dog and leave him, god knows what this poor fellow understood and he got so furious listening to this he came running, jumped & pushed me away from the main door and blocked my way so that I can't leave. Way too possessive about his hooman!!! I was laughing my heart, such unconditional love the dogs offer us, humans. I wish this incident was captured to show how funny that is in a real sense.

Are you a fitness enthusiast? Please share some fitness regimen tips?

To be precise I am a yoga enthusiast, I have always been physically active from the very beginning, I suggest everyone get any kind of physical activity that interests you be it gym, yoga, dance, aerobics, etc. Along with that nutrition plays a major role, a well-balanced nutritious home-cooked food, stay away from sugar, processed, canned, and refined foods. I follow an 80/20 ratio when it comes to food so that I don't have to compromise on my cravings and be healthy as well.

With so much going around with this pandemic, how do you keep mental health in check?

The pandemic is causing so much suffering, the pain & negativity affects everyone, I'm no exception. But there is always a brighter perspective even in the worst situation, there is so much to be grateful for. Counting your blessings every day is a simple yet life-changing practice, I feel grateful to be in a profession where I can make a difference in people's lives. Along with that daily yoga practice and my spending time with my pet make sure my sanity levels are intact.

Basic awareness about cancer in our country?

Cancer awareness and cancer literacy are lacking in most places even now. The social stigma and fear attached to this cancer seem like it will never end, though the situation is better compared to the last few decades, still, the fear and stigma have to be radically addressed. I want to step up in this direction to spread cancer awareness among people and fight this stigma and get the diagnoses & the treatment without delay.

What can one do to prevent cancers and major health issues?

It has been a proven fact that our lifestyle impacts our health. More than 50 % of health issues including cancer can be prevented by modifying our lifestyle alone. Perform physical activities, practice mindful & healthy eating, avoid tobacco and alcohol, Prioritize your health more than anything else.

Rapid Fire

If you are given a genie and have to make 2 wishes what will you wish?

1. Right now, I would ask for this world to entirely heal from COVID and life to get back to normal.
2. I wish no single dog was left abandoned/homeless, all dogs to have a permanent loving family and home.

If you are left in a supermarket and asked to pick up only 3 things what would you pick?

1. I hope to take away all the cash in the cash counter counts here… haha !!! Chocolates and Fresh vegetables.

If you had to be paired opposite a hero in a film which actor that would be and what will be the title of the movie?

Would love to be paired opposite Sonu Sood in a movie titled, Mai Aur Meri Asli Superhero.. Haha..!

If you are allowed to commit one mischievous crime what would you do?

As it is a mischievous crime. I would steal all my favorite designer outfits from all my favorite brands from everywhere.

- As told to Masooma Fatima

12 Designer Labels You Should Have On Your Radar!

Have you been lying on your bed all day wearing pj's, munching on some popcorn and scrolling through Instagram trying to find a few classy and chic pieces of clothing for yourself? If you haven't found a winner yet, hear us out.

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- By Masooma Fatima

ARKA

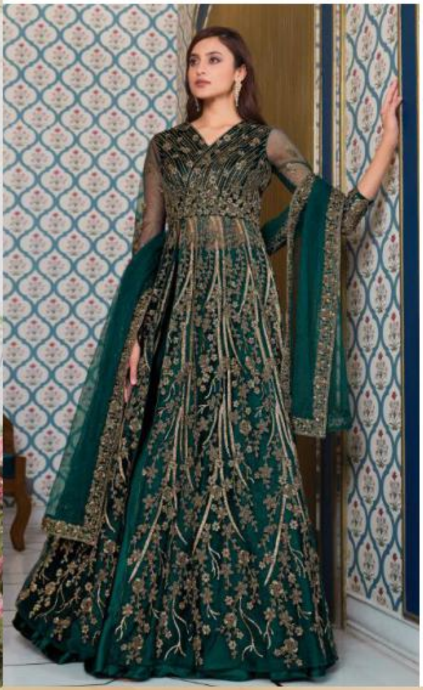
Known for its luxurious, contemporary style that fuses traditional Indian colors, fabrics and embroidery, Arka makes and sells for the new age woman! This Hyderabad based brand is a one stop shop for ready to wear as well as customized outfits. Divya Kanigalupula, the face behind Arka makes sure to keep the designs contemporary while trying to keep the silhouettes as ethnic as possible. It is her strong value-driven philosophy coupled with exemplary design and strong production standards that makes the brand what it is today.

Instagram: @arka_by_divya_kanigalupula
E-Mail: arkacouturehyd@gmail.com

PLEATS BY ARUNI

Founded in 2019, Pleats By Aruni is the creation of International Founder and Creative Head Aruni Banditanukul. The brand is created for the style conscious uptown girl who needs effortlessly versatile clothing that can be worn anytime from day to night. It embodies clothes that is perennial and not limiting look in accordance to a particular season. From Jumpsuits to dresses, Co-ord sets to separates, each item is handcrafted paying keen attention to detail with precise tailoring, using the finest quality fabric. To upgrade your wardrobe with pieces you can wear over and over again, look to the labels clothing that is expressive, that fits all sizes with on trends cuts and shapes.

Instagram: @pleatsbyaruni
E-Mail: info@pleatsbyaruni.com



HOUSE OF ZAREESH

Since launching her multi designer boutique, small town fashionista Zufishan has become the darling of Hyderabad's fashion world. At The House Of Zareesh, you will find a high-fashion aesthetic in ready-to-wear as well as semi-stitched pieces from renowned designers to make your wardrobe truly seasonless. The brand holds an authorized dealership of Indian and Pakistani designer wear suitable for all age groups and occasions. Scan through the boutiques highly-detailed dresses, tailored trousers, luxurious fabrics ranging from pure silk, chiffon, georgette to satin to make a fashion statement every time you step out.

Instagram: @thehouseofzareesh
Facebook: The House Of Zareesh

KAFTAN COMPANY

The Kaftan Company began when Prakruti was searching for something sophisticated, fashionable yet comfortable. While researching, she came across kaftans as the ideal choice and realized a market need for a more inclusive apparel and as a result "The Kaftan Company" was born. Whether it is a day at the beach, a visit to the mall, an evening soiree like a cocktail party or simply a comfortable and stylish option to lounge in, The Kaftan Company brings you the set of clothes to choose from. Each kaftan is specially crafted to cater to ensure an ideal and seamless fit. Their choice of fabrics is luxurious and sustainable keeping in mind the latest trends ensuring you stay on-trend, always.

Website: www.thekaftancompany.com
Instagram: @kaftancompany

PRATAP SONS

Pratap sons Jaipur is a luxury brand of clothes founded by Late Mr. Pratap Rai Taneja. With a global presence of over 67 years, this brand has established its place as a leading luxury couture designer. Bespoke bridal lehengas with intricate embroidery, choicest of lehengas for the bridesmaids in chrome applique and foil work, elegant kurta sets in rich fabrics such as velvet and raw silk are their timeless specialty. Pratap Sons believes in carefully designing outfits for the modern day women and have come up with a collection of comfortable yet chic basics designed to transcend seasons and trends. Their collection of intricately made sarees, salwar suits, anarkalis, kurtas etc has found its way to the forefront of the global retail market over the years and continues to bring recognition to Indian textile and craft.

Website: www.pratapsons.com
Instagram: @pratapsonsjaipur

NEHA VASVANI

Backed by a dream and led by a strong vision, the eponymous label 'Neha Vaswani' was launched in 2016. An alumna of Fashion Design from Esmod Paris, Neha honed her skills while working with an illustrious fashion designer in the domestic market. It is no surprise that her designs remain true to the international sensibilities of fashion, and style while reflecting pure, ethnic aesthetics. Her embroidered numbers and effortless chic silhouettes are well-liked, and her eye for unconventional cuts, exquisite fabrics and intricate detailing makes her pieces stand out! The label has been showcased at prominent exhibitions in India and abroad, and her flagship store was unveiled in 2019. She specializes in Trousseau, wedding, party and festive wear and from time to time customizes ready to wear collections in beautiful prints designed in house in rich fabrics. The label was also a part of the FDCI x Lakme Fashion Week in their virtual showroom section in March 2021. Neha insists on keeping every customer's experience extremely personal - bringing you a fresh approach to understanding your own unique style!

Website: www.nehavaswani.com
Instagram: @nehavaswaniofficial

RIDDHI JAIN

It all started with a promise of being a designer made to her 10 year old self. From dressing her dolls to starting her own label, Riddhi Shah has definitely come a long way! Her handmade pieces are rooted in a minimalist aesthetic, punctuated with textured details. The labels latest venture is all about being a brand which stands for it's authenticity & confidence. XS-XL , extra sexy to extra love is their new collection through which they aim at making all shapes of women feel confident, sexy & stylish. They also aim at saving our planet by promoting upcycled outfits, i.e., revamping old sarees, outfits for current use. From being spotted on Bigg Boss, music videos & red carpet events, to becoming a household name in Mumbai, Riddhi Jain's journey has been full of grace.

Website: www.riddhijainlabel.com
Instagram: @riddhijainlabel

OUR DVE

Harsh, Nidhika and Nomik's trio came together for their mutual love of all things sustainable. They started 'Our Dve' in 2018 with an array of collections in sustainable fashion in the most elegant earthy and calm colours. The line was launched with encapsulate minuscule details with dramatical silhouettes to celebrate femininity empowered. Since then the brand has been constantly experimenting with contours and contrasts in easy breathable fashion. Effortless fluidity in sustainable and breathable fabrics, dainty jewellery and exclusive Home Décor are their specialties. The labels Crescents' 21 collection reflects drama and fluidity yet relaxed fits, sprinkled with the magic of protection charms. The collection breathes in a color palette of cool and calm shades of blues and whites, with a spark of bold yellows thrown around all things natural, fitting and reflecting the mystical vibes of positive we aim to preserve.

Website: www.ourdve.com
Instagram: @our.dve

PAKISTANI LIBAS

Pakistani Libas is a brand that showcases outfits of glamor, exotic appeal, and subdued style with sophisticated grace. Founded by Shaista and Jameel, this platform holds all high end original Pakistani brands under one roof. Their feminine dresses with slits and overlap details make for ideal light-weight evening wear, embroidered blouses and structured A-line dresses make for perfect wedding/ party wear. Hand made craftsmanship of Parsi, Frenchknot, cross stitch and sophisticated Lucknawi chikan work are a part of their custom made outfits for the ones who want to attain a particular look. Mix your wardrobe basics with high-end elements from the Pakistani Libas to rewear outfits over multiple seasons.

Instagram: @pakistani_libas
Facebook: Pakistani Libas

FASHION DWAR

Fashion Dwar is one of the leading garment manufacturing company based out of Jaipur, India. It was established in the year 2017 by an experienced textile businessman Mr Deepak Jain. It serves as a gateway of experiential fashion for women who love ethnic styles. The brand offers a vast array of garments including Kurtis, Anarkali, Palazzo set, Bottom wear, Jumpsuits and Jackets for women. Fabrics like schiffli, cotton, rayon, etc. are being cautiously used. The garment collection designed at Fashion Dwar can be described as eclectic, colourful with an amalgamation of traditional Rajasthani prints and modern colour and design. Needless to say, the brand has got it all covered. Its most unique and most loved concept of provision of accessories made through synonymous designs that complement the garments surely makes it a brand that everyone should pay heed to.

Website: www.fashiondwar.com
Instagram: @fashiondwar

SANA COUTURE

Creative director Saniya's label, Sanaa Couture was an unintended happy accident that happened over a mere table conversation. What started off with a team of 4 to tailor outfits for friends and family is now a designer label. The ready-to-wear ensemble brand creates outfits from the scratch on luxurious fabrics ranging from pure silk, chiffon, georgette to satin and velvet. Their designer couture pieces will feel at home wherever you travel in the world. Be it silk crepe dresses with dart details, constructed evening gowns with embroidery and coat dresses with statement sleeves, you name it and they make it!

Instagram: @sanaa_couture
Facebook: Sanaa Couture

MUSE STORIES

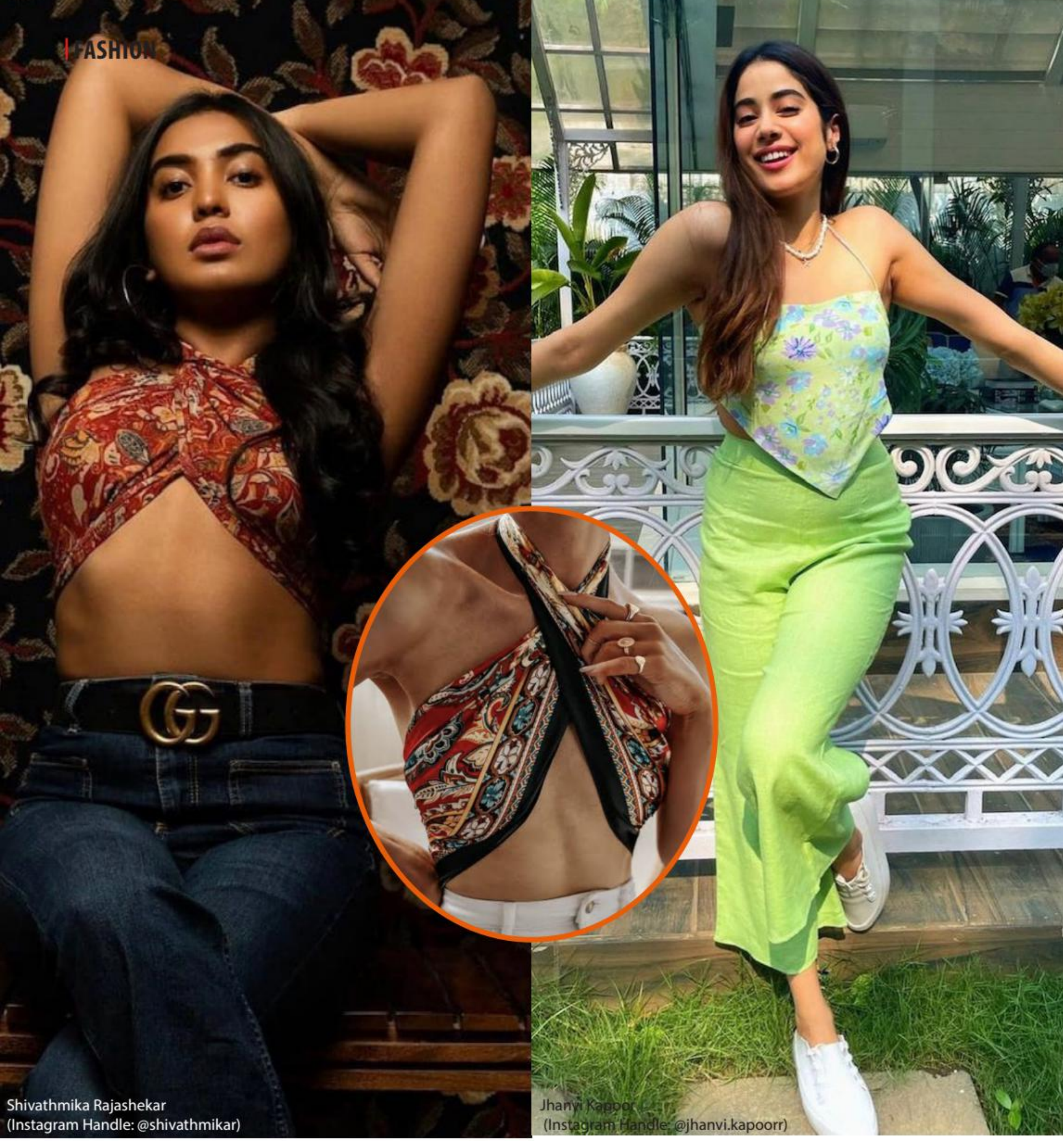
Muse, founded by Dhvani and later joined by Nidhi is a brand that was founded to add value to fashion clothing! Apart from being aesthetic and on-trend, Muse pieces are also practical and functional, because each of their designs are convertible and multiway. The brand also features colour-blocked tops, jackets, jumpsuits and dresses in fluid silhouettes complete with multiple textures and functional details. The Muse Woman is a free-spirited, independent trailblazer who is able to slay at style with ease (Read: you). Muse Stories aims to make lives a little bit easier by providing quality, comfort, custom tailored fits, convenience and oodles of style.

Website: www.shopmuse.in
Instagram: @muse.stories

TRENDING STYLES TO CONQUER IN 2021

As we gear up for the coming season and with warmer temperatures gracing us with their presence, it is time to up our fashion game. Our favourites from the city have been slaying their looks, from trendy sunglasses to cute accessories and some attractive and comfortable styles be it Ethnic or Western. So, get your hands on these cool, trendy outfits and accessories to make a statement look for the season.

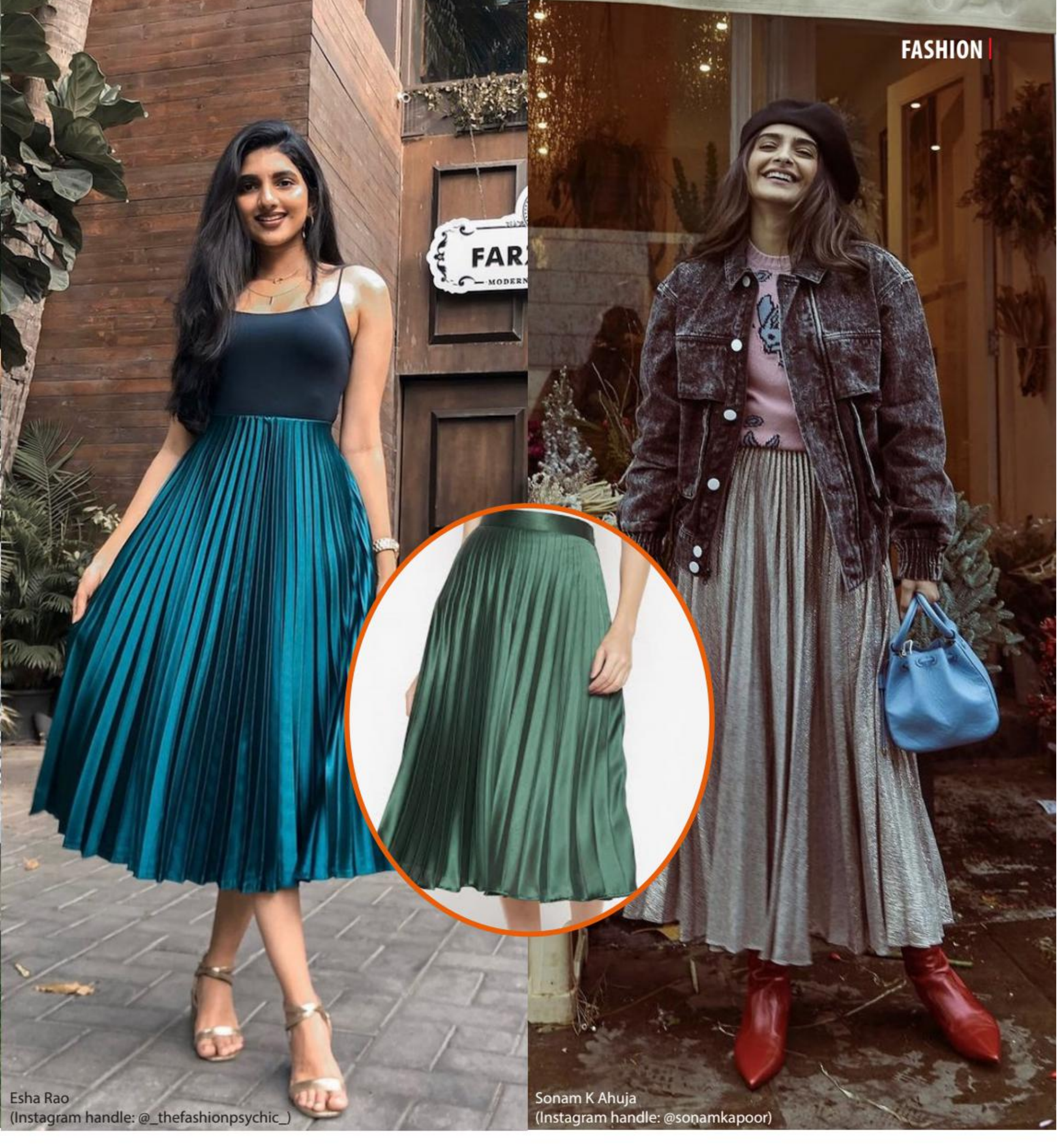
-By Ruchi Rai Sohni



Shivathmika Rajashekar
(Instagram Handle: @shivathmikar)

Jhanvi Kapoor
(Instagram Handle: @jhanvi.kapoorr)

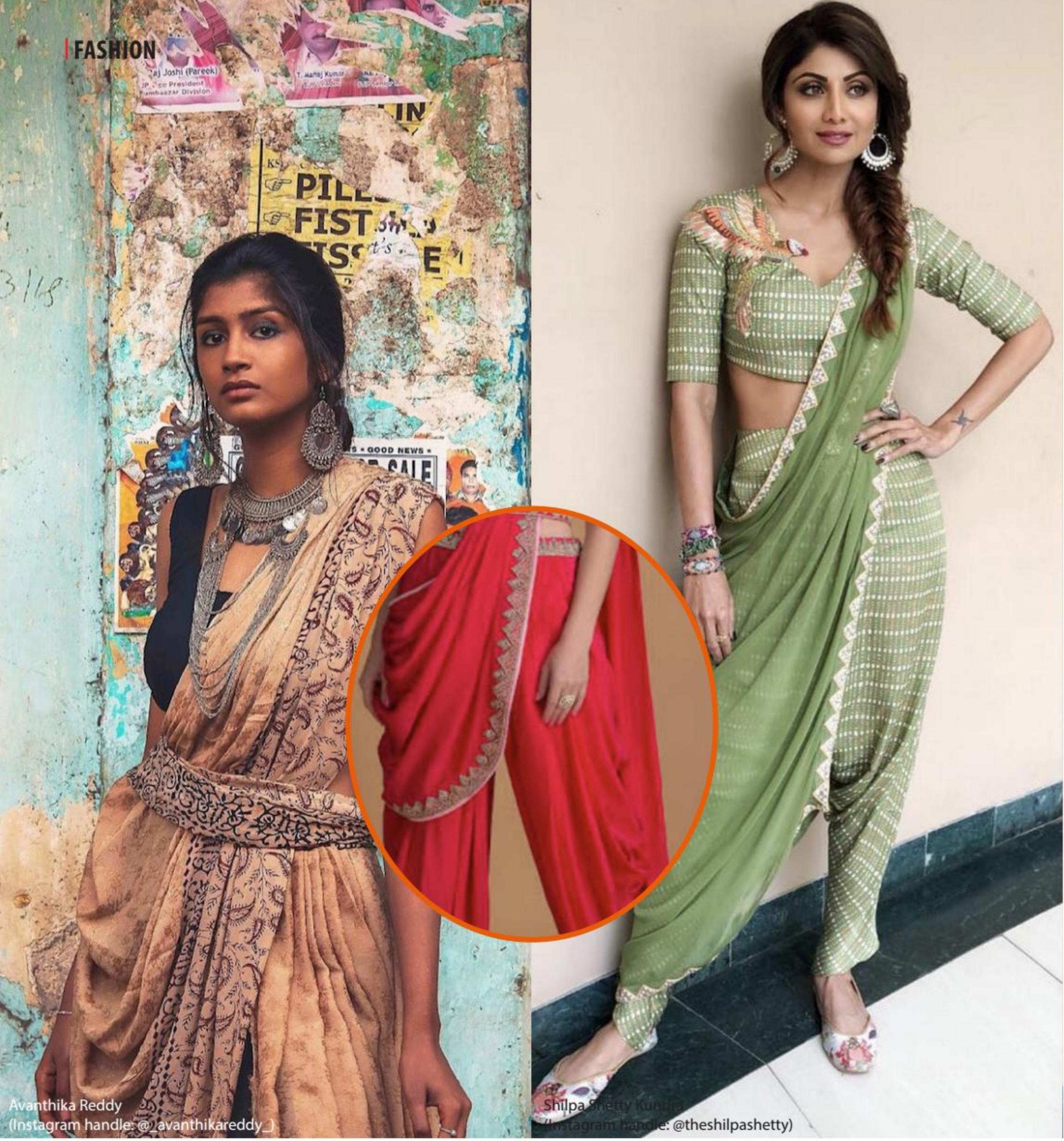
Jhanvi Kapoor teamed her beautiful scarf top with a pair of green wide-legged pants and white sneakers, while **Shivathmika Rajashekar** is seen wearing her wrap on top with blue bell bottoms, and cute accessories.



Esha Rao
(Instagram handle: @_thefashionpsychic_)

Sonam K Ahuja
(Instagram handle: @sonamkapoor)

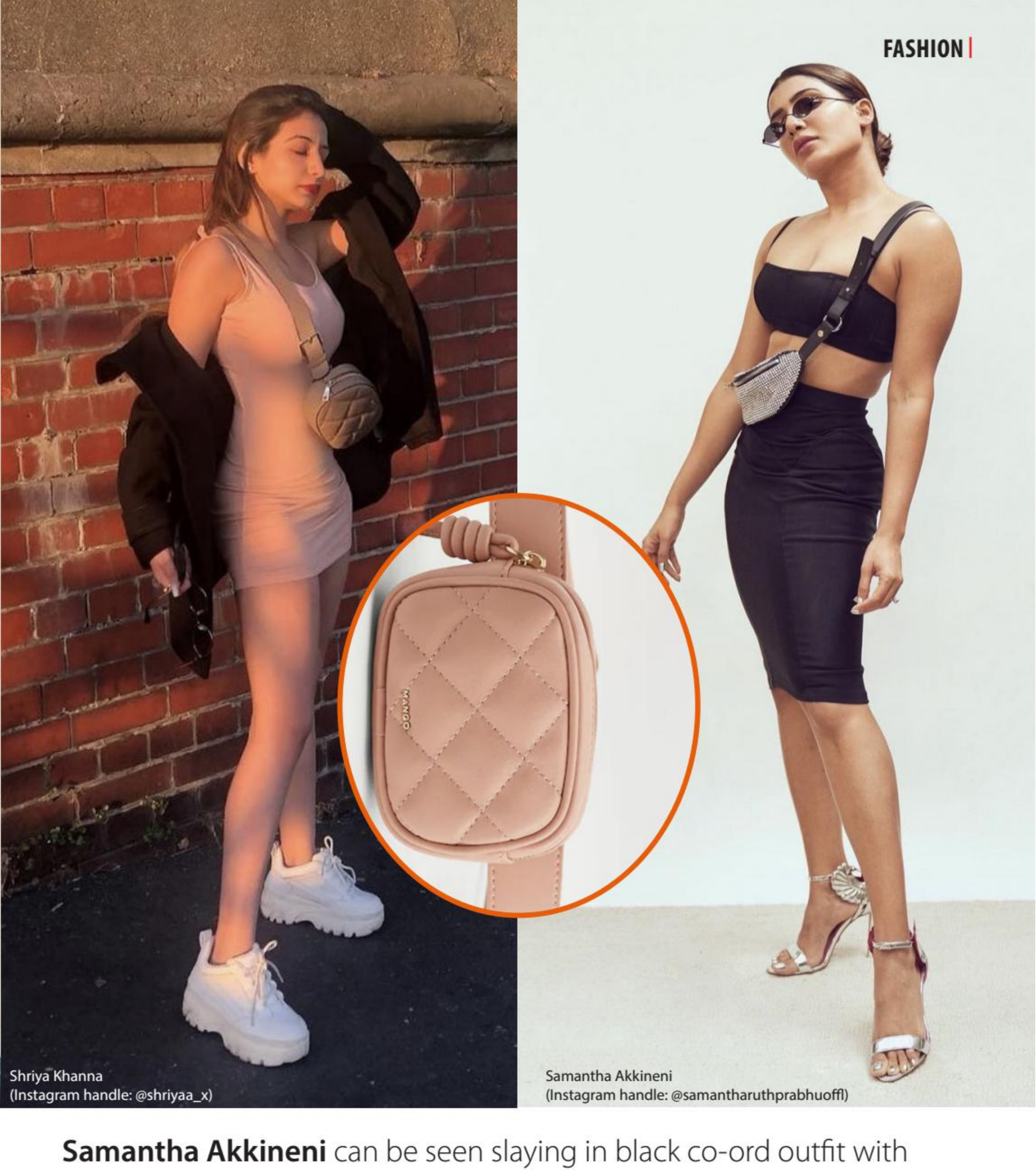
Sonam Kapoor paired a bright pink sweater and denim jacket with a pleated skirt and boots. **Esha Rao** wore a peacock green midi skirt with a tight body suit and gold footwear.



Avanthika Reddy
(Instagram handle: @_avanthikareddy_)

Shilpa Shetty Kundra
(Instagram handle: @theshilpashetty)

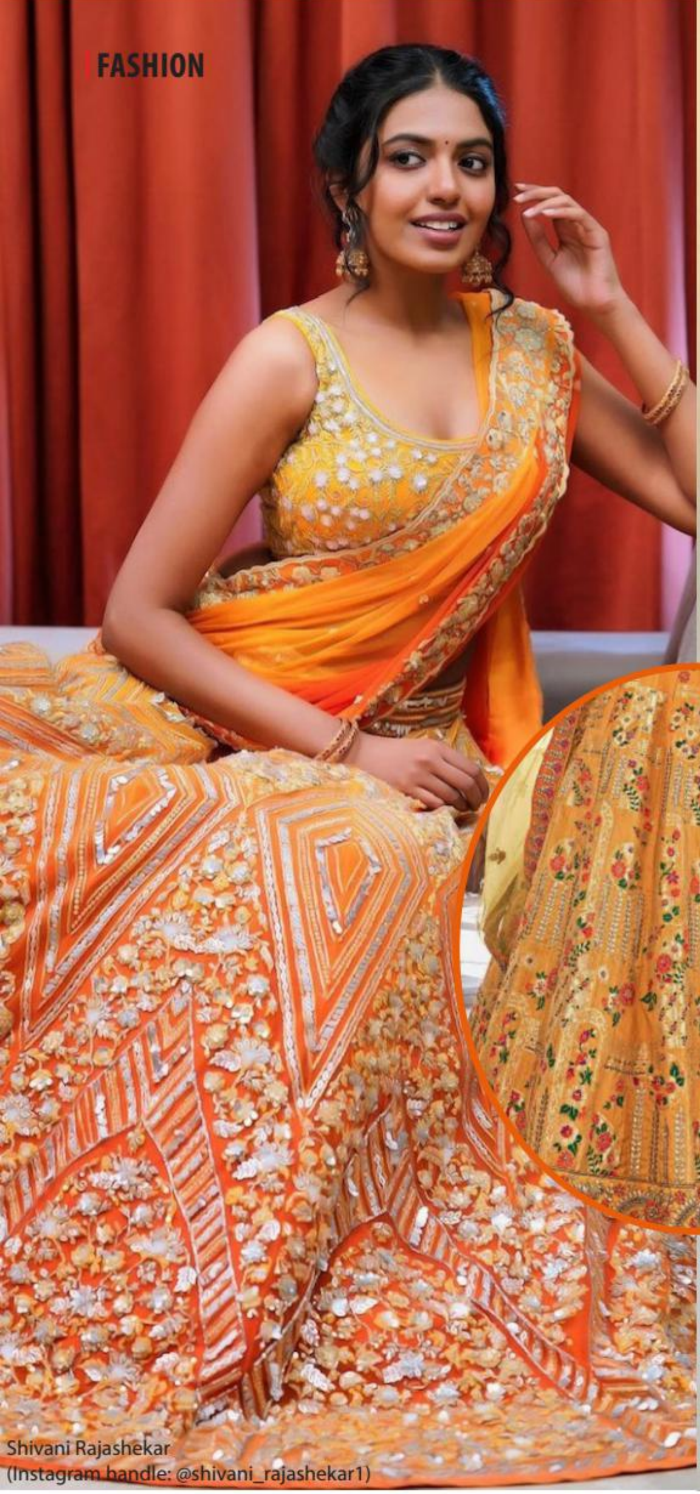
Shilpa Shetty's fusion statement look, green and white dhoti style saree, with a bird embroidered on the blouse worn with large bali's. **Avanthika Reddy** wore a dhoti draped handprinted saree for a fusion look and teamed it up with a black blouse, leggings and silver jewellery.



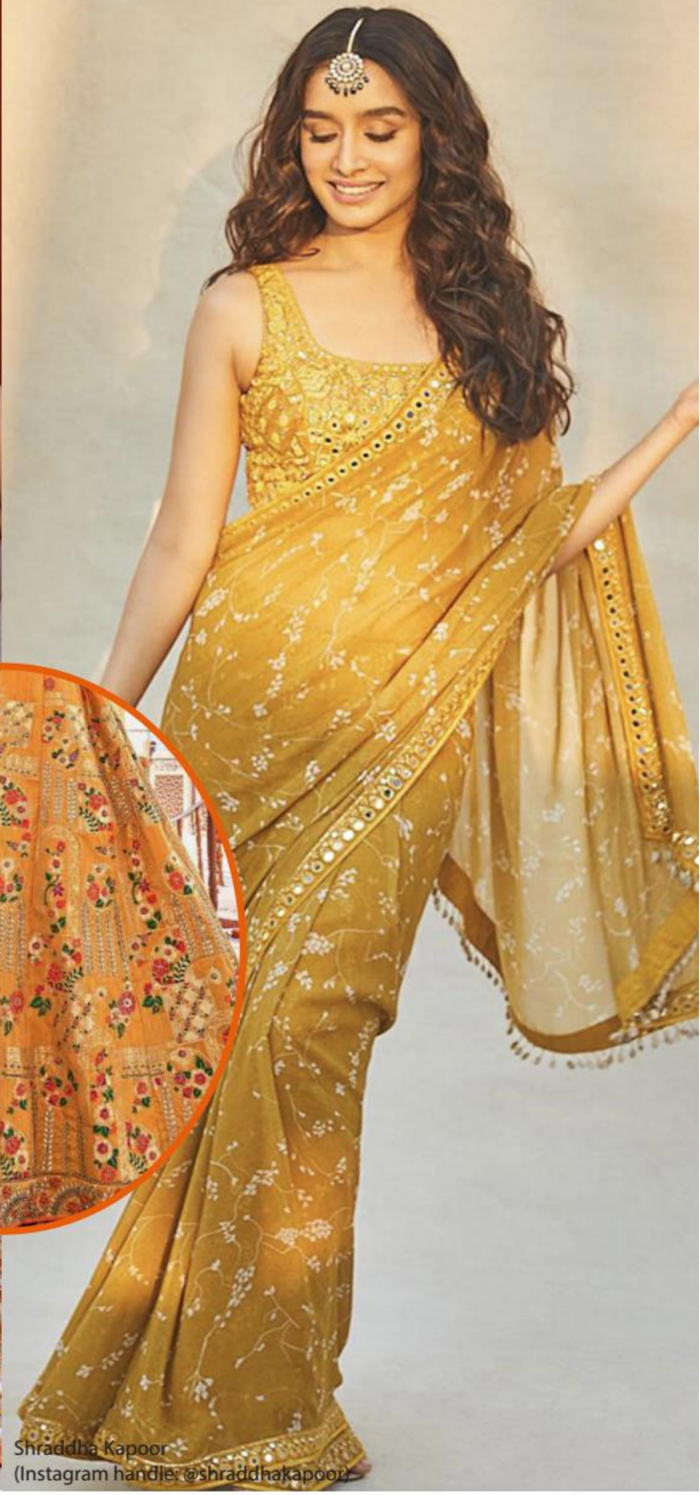
Shriya Khanna
(Instagram handle: @shriyaa_x)

Samantha Akkineni
(Instagram handle: @samantharuthprabhuoffl)

Samantha Akkineni can be seen slaying in black co-ord outfit with crystal studded cross body bag, white heels and funky shades. **Shriya Khanna** paired a beige cross body bag and white shoes with a pink dress and a black jacket.

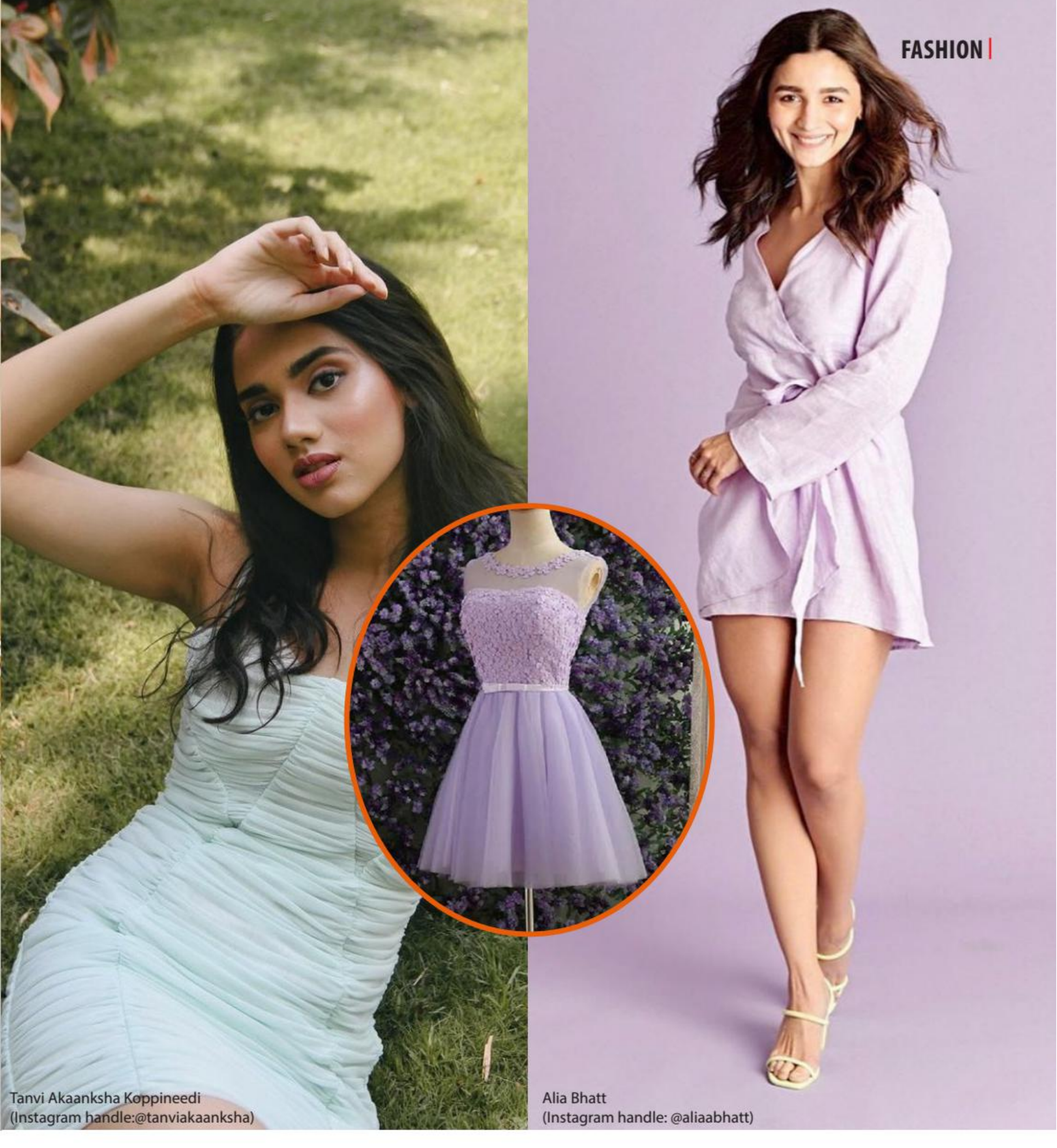


Shivani Rajashekar
(Instagram handle: @shivani_rajashekar1)



Shraddha Kapoor
(Instagram handle: @shraddhakapoor)

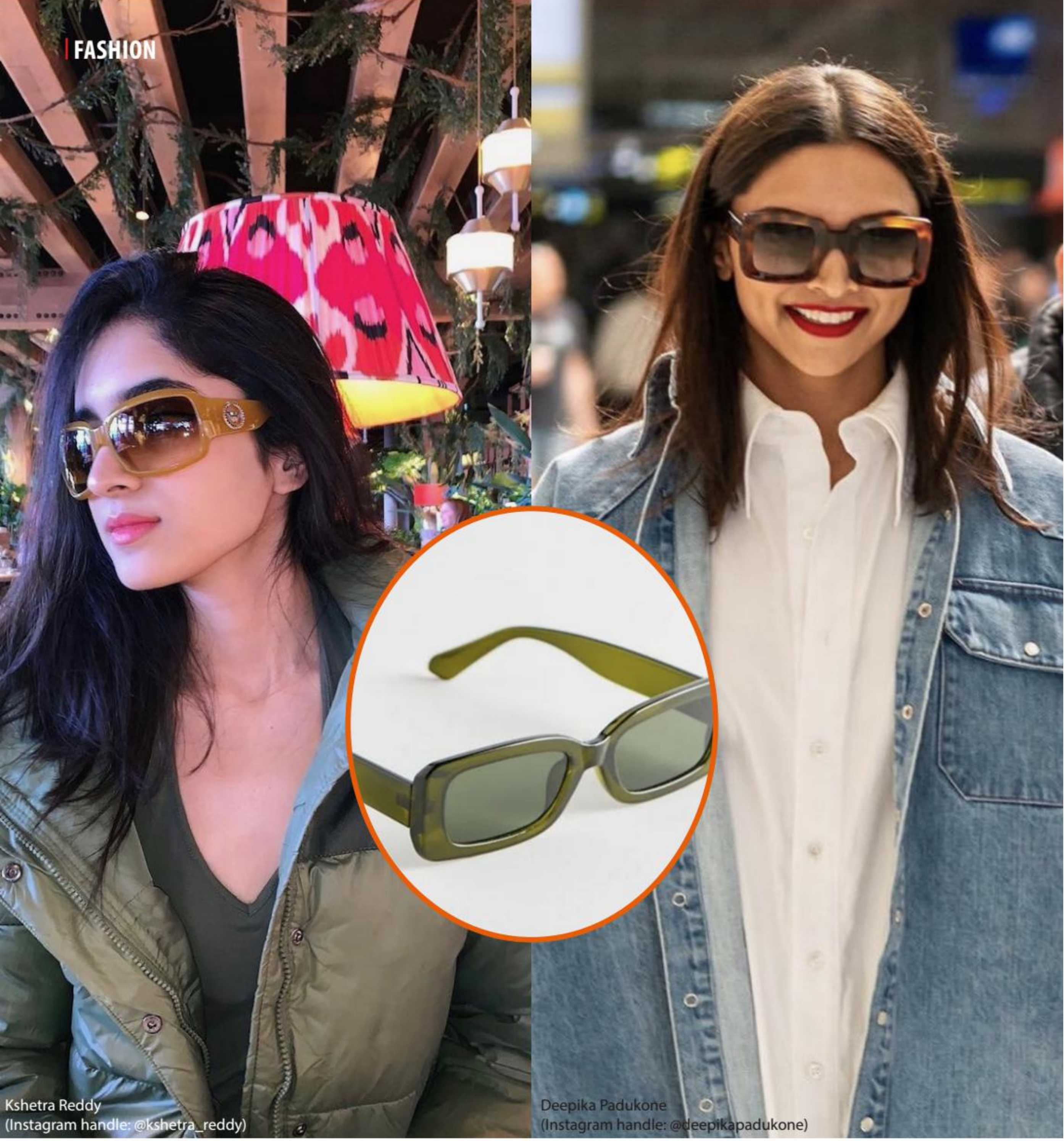
Shraddha Kapoor wore a breezy yellow saree, paired with a maang tikka with blue gemstones. **Shivani Rajashekar** was seen in a soothing and bright colored lehenga paired with minimal accessories.



Tanvi Akaanksha Koppineedi
(Instagram handle:@tanviakaanksha)

Alia Bhatt
(Instagram handle: @aliaabhatt)

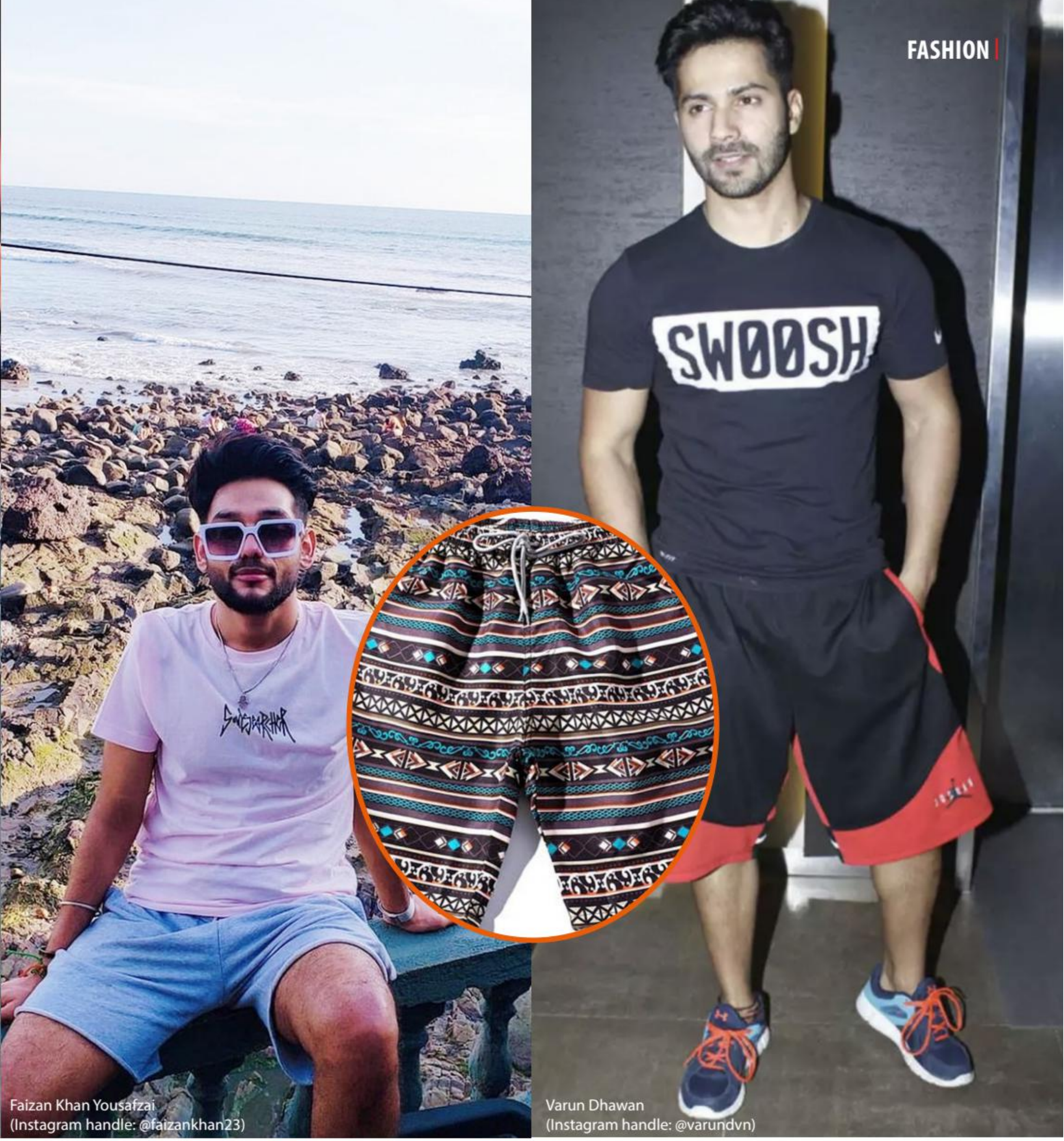
Alia Bhatt chose a loosely fitted pastel dress paired with strappy neon sandals, while **Tanvi Akaanksha** was seen wearing a mint green color with a pair of stilettos.



Kshetra Reddy
(Instagram handle: @kshetra_reddy)

Deepika Padukone
(Instagram handle: @deepikapadukone)

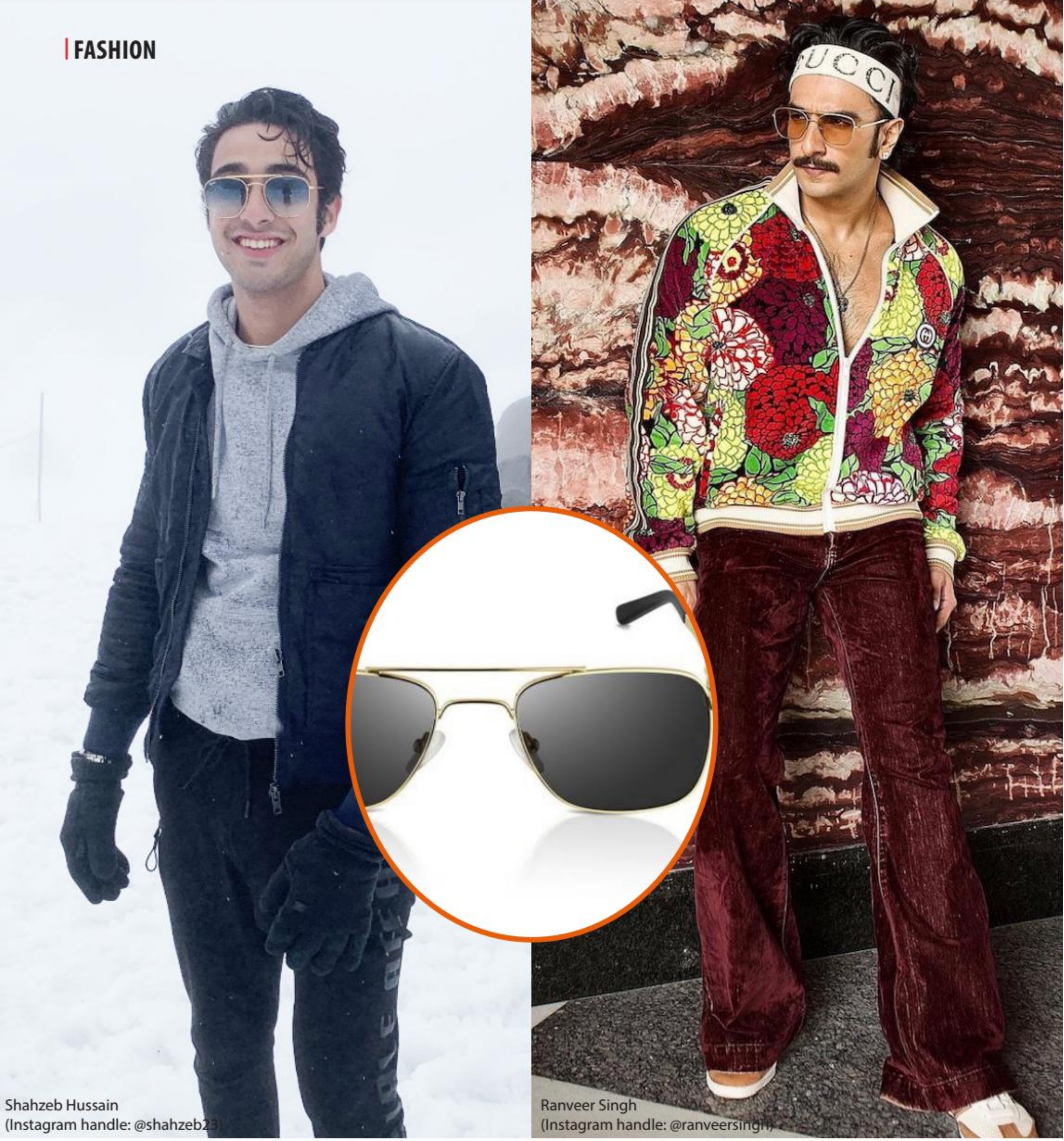
Deepika Padukone rocked the look with rectangular sunglasses and choosing to pair her blue skinny jeans with an oversized white shirt and an oversized denim jacket. While **Kshetra Reddy** wore brown rectangular sunglasses with a green top and an olive-green jacket giving it a sporty look.



Faizan Khan Yousafzai
(Instagram handle: @faizankhan23)

Varun Dhawan
(Instagram handle: @varundvn)

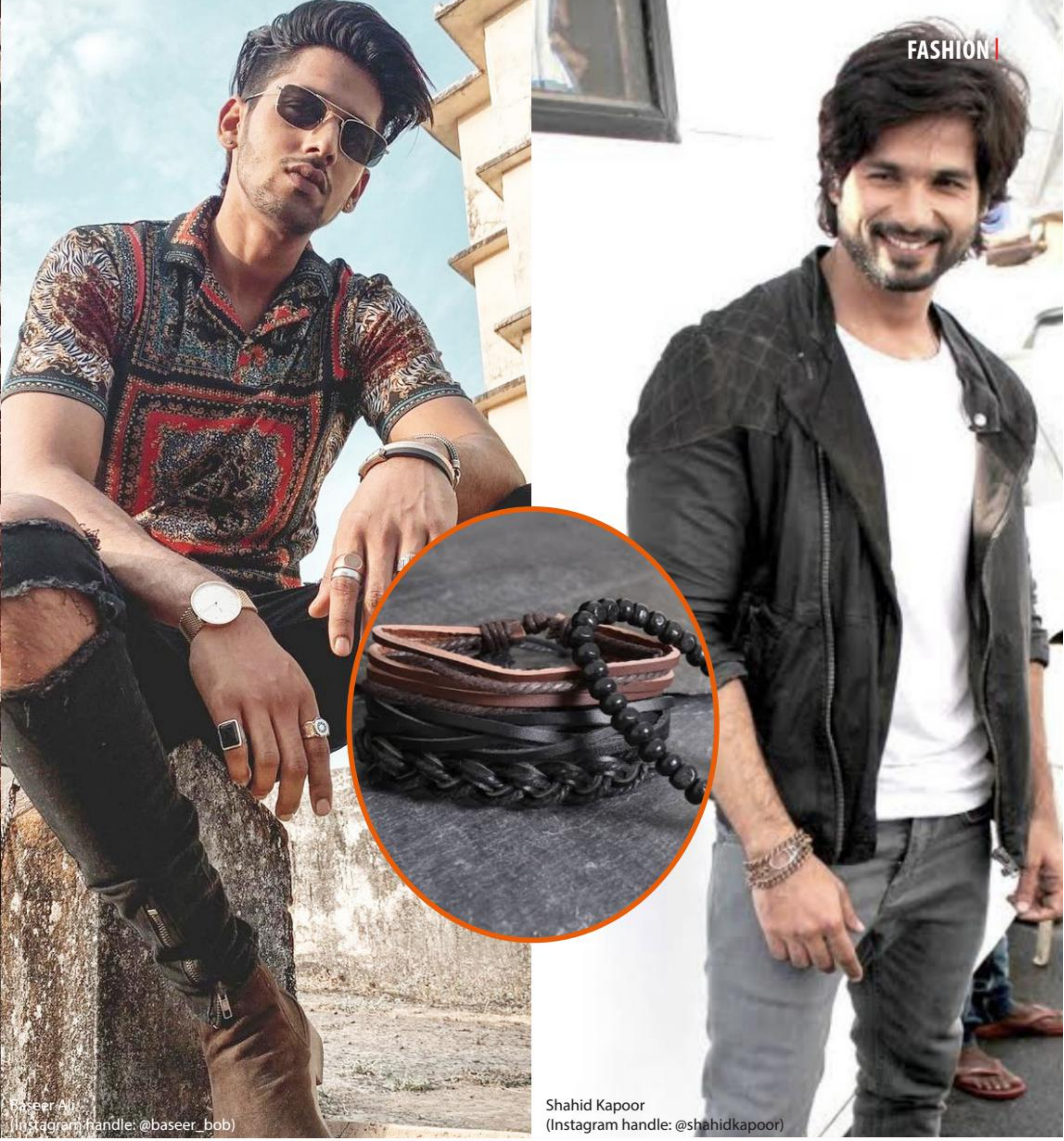
Varun Dhawan was seen wearing black Bermuda shorts paired with a black tee and shoes to match his outfit. **Faizan Khan** wore blue Bermuda Shorts paired with a light pink tee and cool XXL shades.



Shahzeb Hussain
(Instagram handle: @shahzeb23)

Ranveer Singh
(Instagram handle: @ranveersingh)

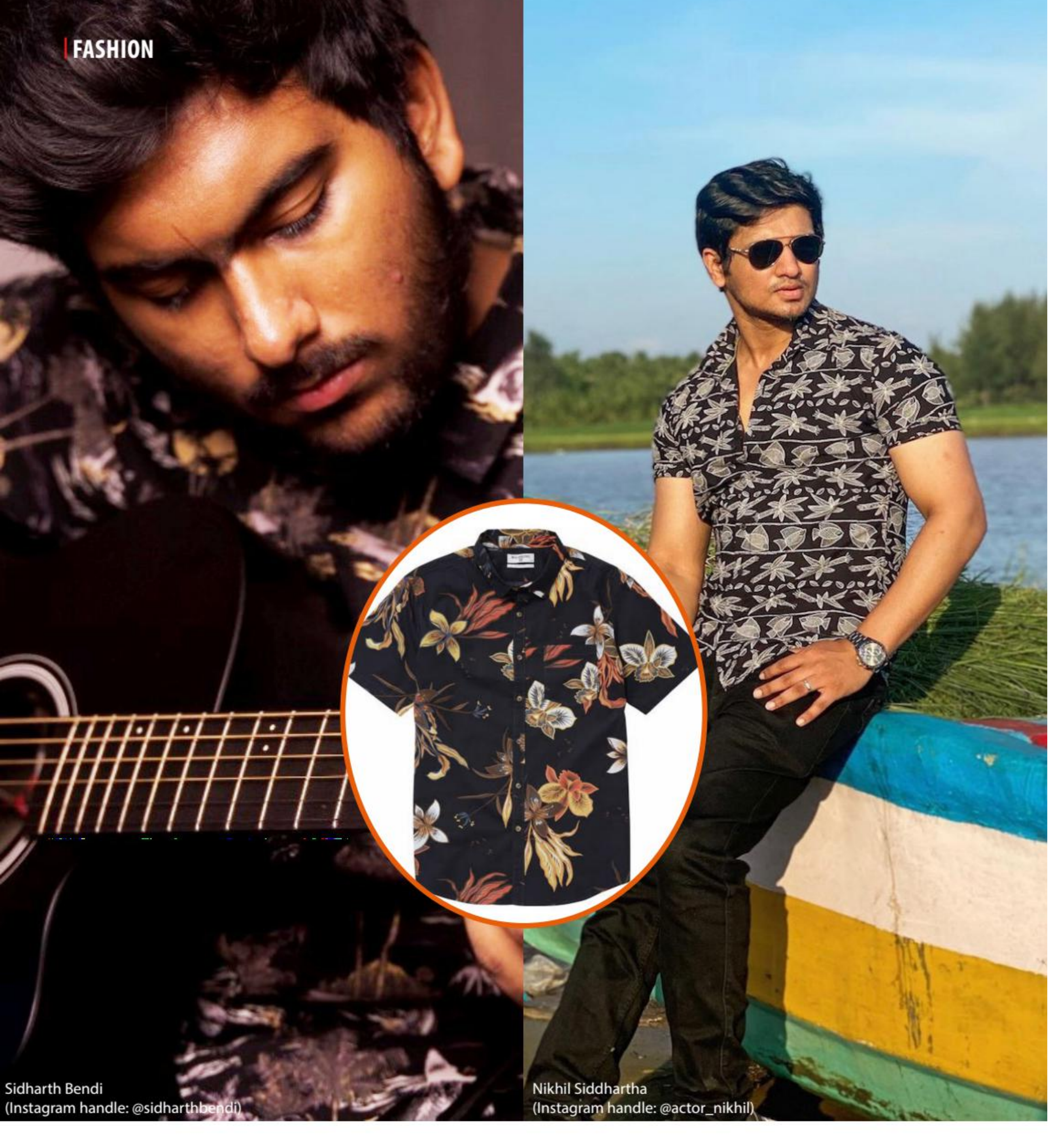
Ranveer Singh looking stunning in navigator shades with a multi-colored floral jacket which he paired with maroon velvet trousers and a Gucci headband. **Shahzeb Hussain** was seen wearing navigator shades, with a grey hoodie, joggers and a blue jacket.



Baseer Ali
(Instagram handle: @baseer_bob)

Shahid Kapoor
(Instagram handle: @shahidkapoor)

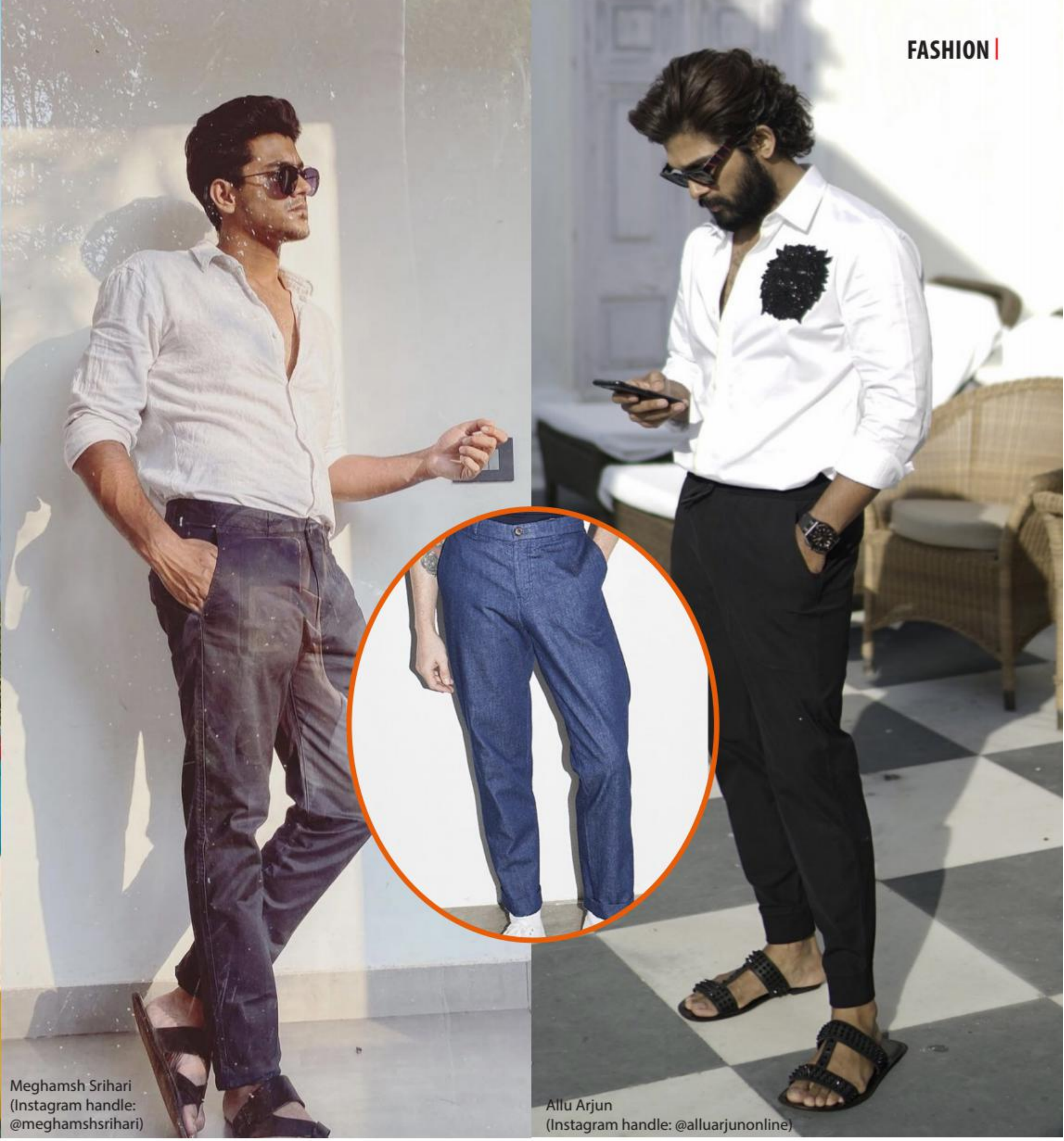
Shahid Kapoor is seen wearing bracelets and a white tee paired with a black jacket and grey jeans. **Baseer Ali** wears his bracelets and rings giving a subtle detail to his outfit, multicolored tee and black jeans with sunglasses.



Sidharth Bendi
(Instagram handle: @sidharthbendi)

Nikhil Siddhartha
(Instagram handle: @actor_nikhil)

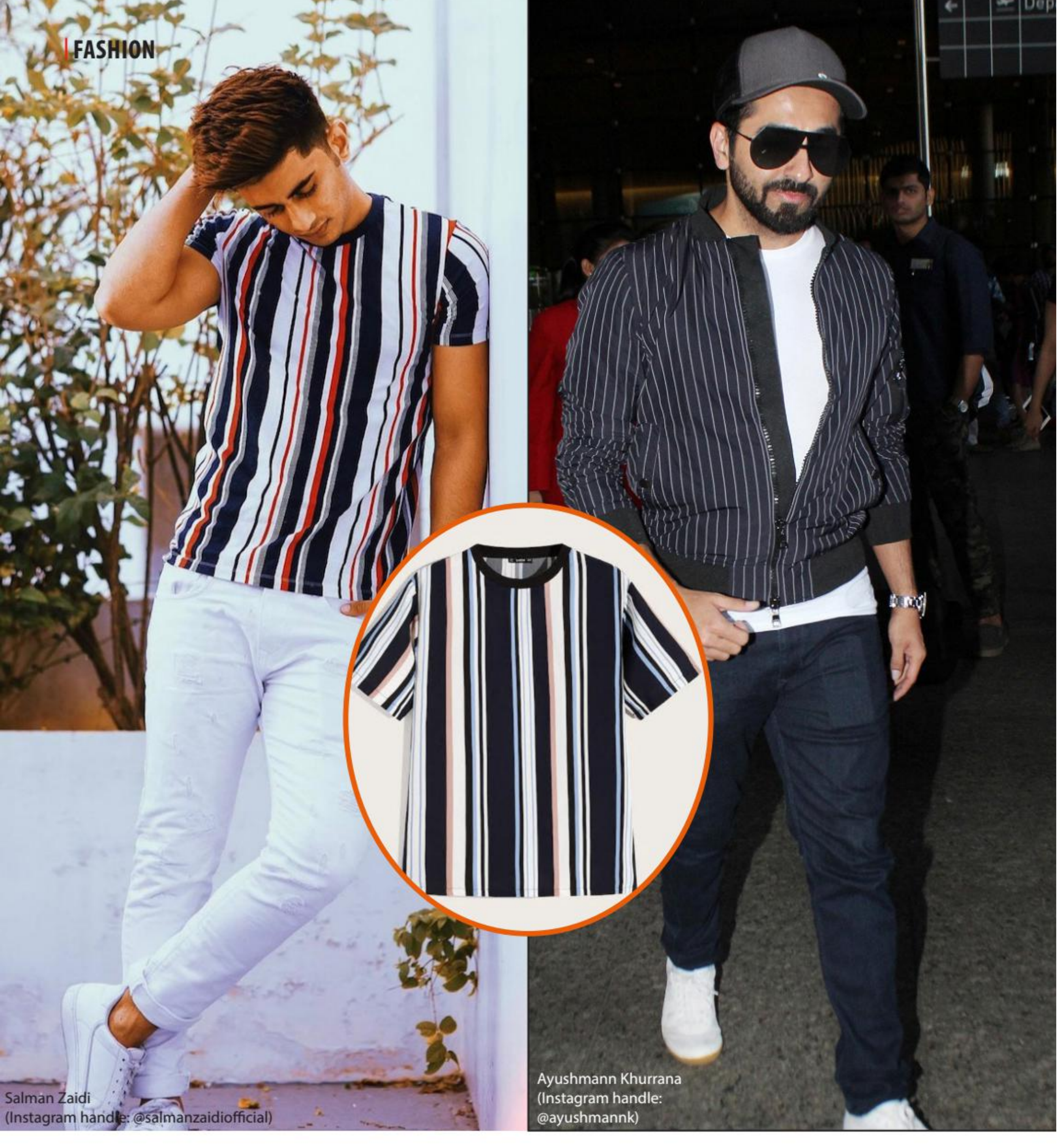
Nikhil Siddhartha chose a black floral shirt and black jeans with sunglasses. **Sidharth Bendi** is seen wearing a black formal shirt with black jeans and white shoes.



Meghamsh Srihari
(Instagram handle:
@meghamshsrihari)

Allu Arjun
(Instagram handle: @alluarjunonline)

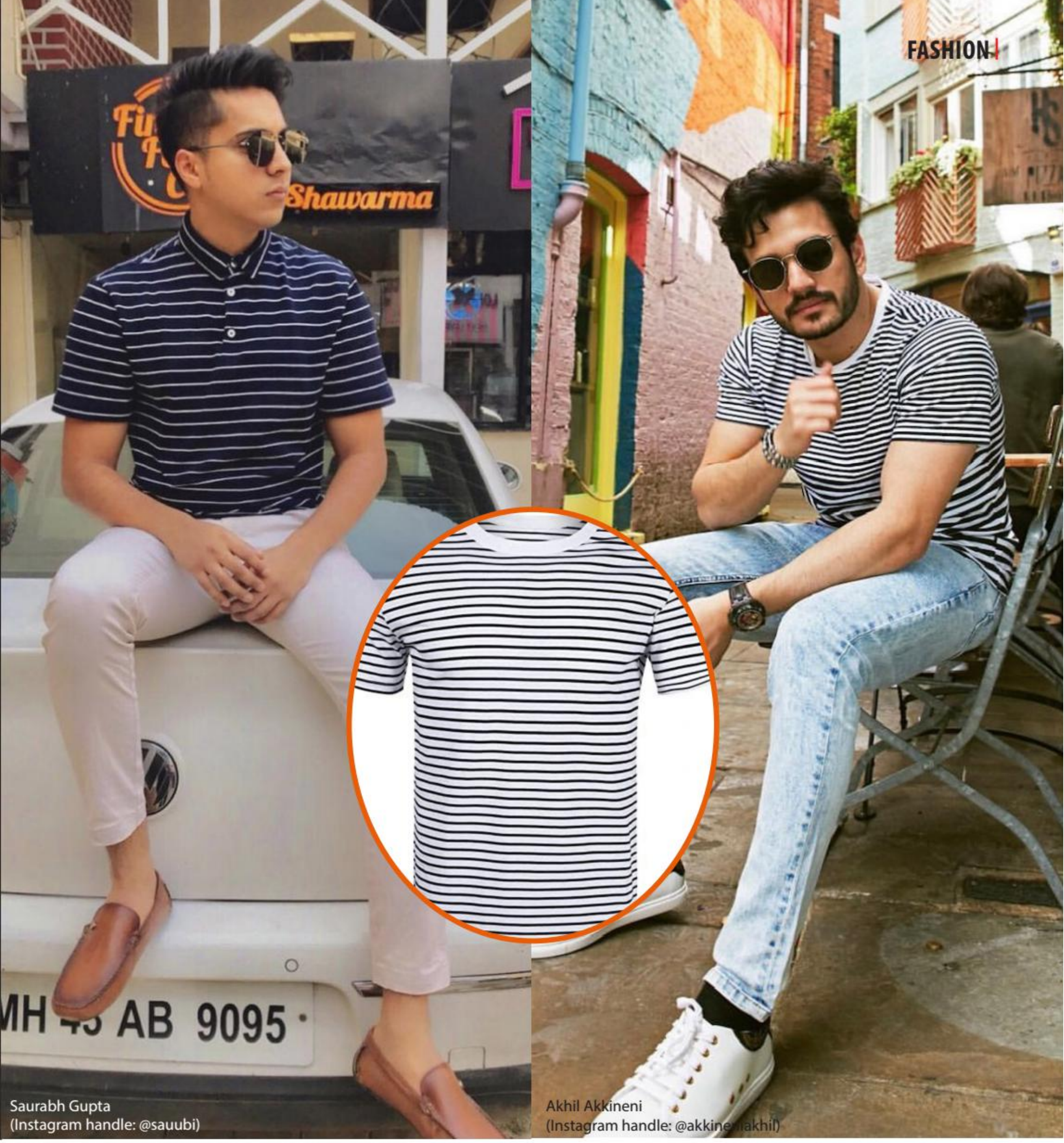
Allu Arjun gives a tiger twist to his white shirt paired with black high waisted trousers. **Meghamsh Srihari** wears black high waisted trousers with a white shirt and sunglasses.



Salman Zaidi
(Instagram handle: @salmanzaidiofficial)

Ayushmann Khurrana
(Instagram handle:
@ayushmannk)

Ayushmann chooses to wear a black jacket with white vertical stripes, teamed with a plain white tee, jeans and white shoes. **Salman Zaidi** is seen wearing vertical stripes tee with white jeans and white shoes.



Saurabh Gupta
(Instagram handle: @sauubi)

Akhil Akkineni
(Instagram handle: @akkineniakhil)

Akhil Akkineni wears a fashionable nautical tee paired with denims and white shoes. **Saurabh Gupta** is seen wearing a comfortable outfit, white trousers with nautical stripes tee, loafers and sunglasses.

LOVE IN THE TIME OF COVID-19

The pandemic has impacted relationships both for better and worse. Couples have faced challenges during the pandemic and went through separations, while many couples got a chance to spend ample time with each other to understand each other better and strengthened their bond. We spoke to some adorable couples from Hyderabad about the effect of pandemic on their marriage. Here are a few tips they have given for couples to keep the spark alive.

-By Ruchi Rai Sohni

Gulnar Virk and Aadarsh Balakrishna

Q. What have you been doing to pass your time at home?

We have been spending a lot of time together, especially with Nirvan. We are able to do a lot of fun activities, play interesting games and have been doing a lot of reading as well.

For Aadarsh and I in particular, we have a common vision for our companies, Hashtag and the ManCub Company, which we have been working on together.

Q. What effect does this pandemic have on your marriage?

The effect has been good honestly because it's allowing us a lot of time to work on skills together and learn from each other.

Q. How are you keeping your relationship healthy during this pandemic?

Aadarsh and I, have always given each other space and I think that individual space is very important. There is infact a saying that my father has always told me, by which I have always led my life and also applied it in my relationship: "let there be spaces in togetherness for the angels of heaven to dance between them" I think this is very true for the two of us, we allow each other to grow individually and together.

Q. What was the best moment both of you had together during the pandemic?

I think the best moment was eating mangoes, our mantra had been keep calm and eat aam.

We have enjoyed munching our mangoes and caught up on a few favourite TV shows like peaky blinders. The best part honestly was when the two of us found the time and the head space to work on our common vision professionally.

Q. What tips would you give other couples on how to keep the spark alive during the pandemic?

Give each other space and accept each other, understanding between the two will only grow thereon. It is very important to understand your partner and respect each other, it's a two way street and when the two of you have a common vision to work towards, that keeps the relationship and the spark alive as well. It is very important to spend quality time together and to keep your communication channel open.

Instagram Handles: @gulnarvirk
@aadarshbalakrishna

Shona N Chakravarti and Captain Ankur Gupta

Q. What have you been doing to pass your time at home?
Whenever we got the time we would watch tv series, have game nights or cook together.

Q. What effect does this pandemic have on your marriage?
We got married thrice since the 2020 lockdown was first declared, it has been an amazing journey. The pandemic has been great for us because we get to spend a lot of quality time together, which has deepened the love and understanding between us. Both of us enjoy each other's company and if it was not for him, I would have lost my composure in these really challenging times.

Q. How are you keeping your relationship healthy during this pandemic?
Ankur and I make it a point to eat all our meals together, and put aside our phones once he's back home from work, so we could have uninterrupted conversations about our day. We also like to go on long walks together to have a change of scene and we take the time out to talk to our friends and family together, and we manage to find some time for Netflix and tea.

Q. What was the best moment both of you had together during the pandemic?
The best moments would definitely be our weddings, we had a court wedding, our backyard home wedding, and our 3-day fairy tale wedding.
Moving with Ankur to his Army base unit has been a different kind of adventure, setting up our new house and making it a home together takes the cake for me!

Q. What tips would you give other couples on how to keep the spark alive during the pandemic?
It's important for couples to spend quality time together. Communicating is the key, it develops a sense of closeness and belongingness.
Have date nights once a week, show affection and appreciation to each other. Plan movie nights and explore what your partner likes.
Instagram Handles:
@shona_chakravartigupta

Esha Hindocha and Harish Hindocha

Q. What have you been doing to pass your time at home?
Both of us have busy mornings, while Harish is busy with his work, I take care of daily chores. In the evenings, we work out and sit together to watch our favourite movies on Netflix.
Harish takes online lessons whenever he finds time. While I love to cook, read stories and help my kid with studies.

Q. What effect does this pandemic have on your marriage?
Quite frankly, it's more fun than we expected it to be. Both of us are fun loving & chirpy personalities and it's never a dull moment when we are together. Our child keeps the enthusiasm high and doesn't allow us to sit back.

Q. How are you keeping your relationship healthy during this pandemic?
We have made schedules and try to follow it so that everything goes smoothly and on time. We help each other out with work.
Communication is the most important, we have always been extremely vocal about our feelings.

Q. What was the best moment both of you had together during the pandemic?
One of the best moments would be when our A.C. stopped working during the lockdown and we couldn't call anyone to fix it, we decided to take the matter in our own hands. We fixed a couple of wires here and there and it started working.

Q. What tips would you give other couples on how to keep the spark alive during the pandemic?
I believe extremes of anything is harmful, pandemic has shifted our lifestyle more to a home based one. While initially one might find it fun but over the time there can be stress, anxiety and boredom that can hit. To avoid this, I feel one should have their own space.
After which, it's always fun to unite with your family or spouse and give them the attention or love they need.
It's also a good idea to find some activity that has common interest of both the partners, where you get to spend some fun time together.
Try to communicate as much as possible in terms of how you're feeling, it's a stressful time and it is important to make an effort, to do something special and make your partner feel that they're loved. Divide up the work when at home, don't burden yourself or your partner.
Instagram Handles: @eshahindocha @harish_hindocha

MEENAKSHI PAMNANI AND RAVI TEJA

Q. What have you been doing to pass your time at home?

We are generally away from each other but the last two years we got to spend a lot of time together during which we cooked, did gardening, worked on the interiors of our house. I have also played cricket with him.

Q. What effect does this pandemic have on your marriage?

Ravi is mostly away for his matches and I am busy with my shoots, this Pandemic has kept us in one place together and given us a lot of time to spend together.

Q. How are you keeping your relationship healthy during this pandemic?

We know it's a tough time and keeping our families safe is our priority. We understand each other and each other's likes and dislikes well so when one of us is low we know how to cheer each other up.

Q. What was the best moment both of you had together during the pandemic?

There are plenty – We played cricket together, I was always curious to learn the game as I've always seen him play, so he taught me how to play.

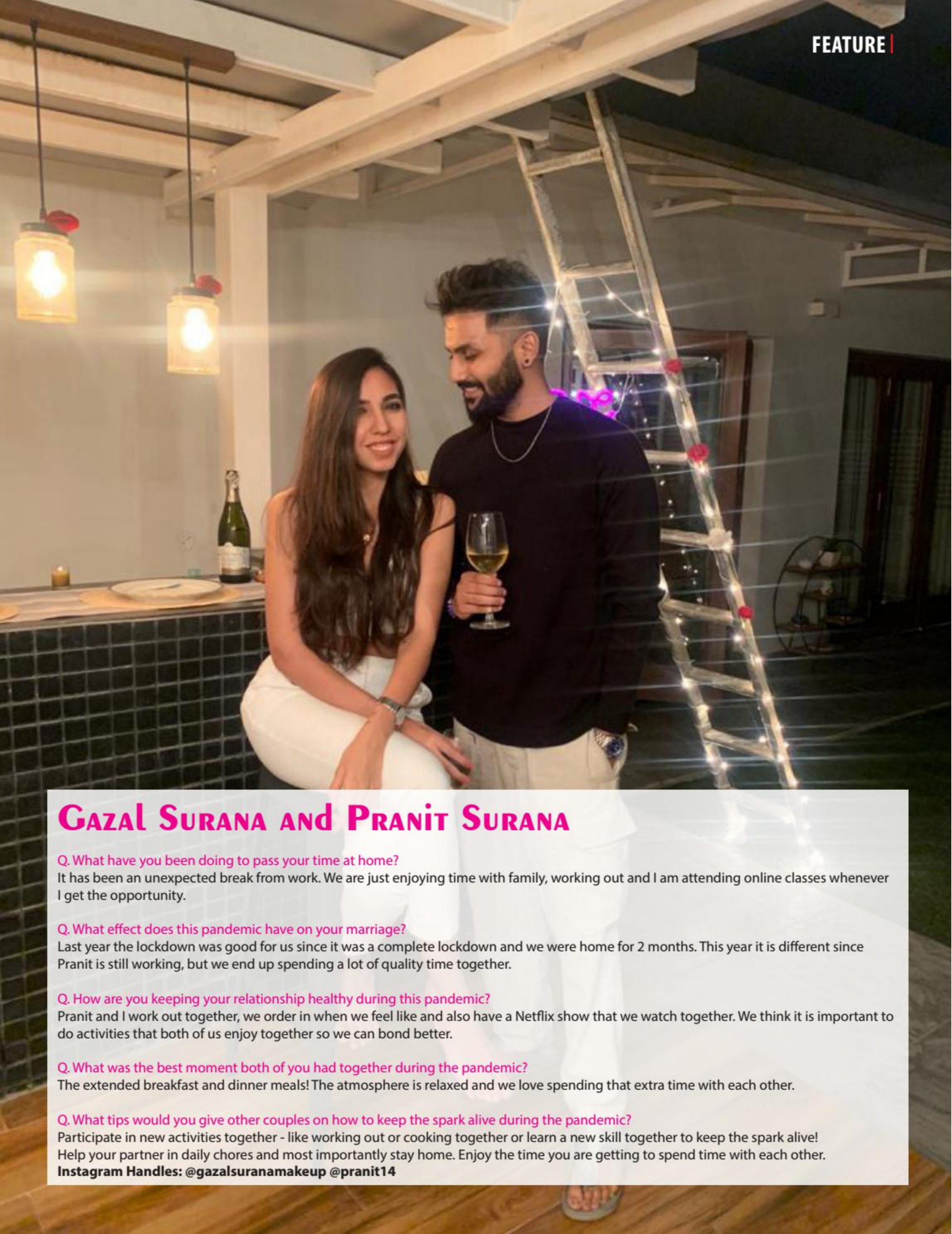
There are many stray dogs outside our colony, so we used to go for a walk and feed them every day, it gave us immense pleasure to play with them.

Q. What tips would you give other couples on how to keep the spark alive during the pandemic?

Do things together understand each other's profession. Plan date nights, set up a corner for a date night at your place and have conversations about each other and enjoy some good food with music.

Pick an activity - Workout together, Cook together, motivate each other and keep your spirits high because this pandemic can affect ones mental health, so be there for each other.

Instagram Handles: @theshimmergirl @dwarakaraviteja



GAZAL SURANA AND PRANIT SURANA

Q. What have you been doing to pass your time at home?
It has been an unexpected break from work. We are just enjoying time with family, working out and I am attending online classes whenever I get the opportunity.

Q. What effect does this pandemic have on your marriage?
Last year the lockdown was good for us since it was a complete lockdown and we were home for 2 months. This year it is different since Pranit is still working, but we end up spending a lot of quality time together.

Q. How are you keeping your relationship healthy during this pandemic?
Pranit and I work out together, we order in when we feel like and also have a Netflix show that we watch together. We think it is important to do activities that both of us enjoy together so we can bond better.

Q. What was the best moment both of you had together during the pandemic?
The extended breakfast and dinner meals! The atmosphere is relaxed and we love spending that extra time with each other.

Q. What tips would you give other couples on how to keep the spark alive during the pandemic?
Participate in new activities together - like working out or cooking together or learn a new skill together to keep the spark alive! Help your partner in daily chores and most importantly stay home. Enjoy the time you are getting to spend time with each other.
Instagram Handles: @gazalsuranamakeup @pranit14

Bunty Bajaj and Suresh Bajaj

Q. What have you been doing to pass your time at home?

We have been spending most of our time on our family foundation called Ripples of kindness to help the ones in need. We spend some time gardening, and sitting together in the balcony, enjoying the nature. Sometimes we play TT, board games or cards & and sing old songs, since Suresh really enjoys singing.

Q. What effect does this pandemic have on your marriage?

We have been spending quality time with each other, we are fortunate to have each other. This pandemic has taught us how to appreciate each other and do things which the other person likes.

Q. How are you keeping your relationship healthy during this pandemic?

We keep our relationship healthy by giving space to each other and focusing on our individual interests, as well as spending a fair amount of quality time with each other.

Q. What was the best moment both of you had together during the pandemic?

The best moment of this pandemic for us as parents has been our daughter, Miheeka getting married to Rana.

Q. What tips would you give other couples on how to keep the spark alive during the pandemic?

Take up hobbies that you can do together, learn different things from each other and be grateful.

Instagram Handles:
@buntybajaj

Star
Ventures

Bhargavi Reddy and Varun Reddy

Q. What have you been doing to pass your time at home?

Most of our work has been moved online, although due to the nature of my business it's not all that busy, my wife runs a therapy and healing platform which kept her more occupied than usual. We spend a lot of time caring for our 3 kids.

Q. What effect does this pandemic have on your marriage?

The pandemic has definitely gotten us closer as a family. We have learnt how to appreciate each other a lot more as we physically see how much it takes to keep things at home, at work and with the family together.

Q. How are you keeping your relationship healthy during this pandemic?

We spend quality time together, respect each other and most importantly, give space to each other.

Q. What was the best moment both of you had together during the pandemic?

The best moments for us during the lockdown was spending time in the kitchen and cooking with each other, following all the Instagram trends.

Q. What tips would you give other couples on how to keep the spark alive during the pandemic?

It's important to observe and appreciate one another in a marriage. This becomes especially true during a pandemic where we spend a lot of time with each other.

Instagram Handles: @bhargavireddy29 @Vreddy111

Touted as one of the most promising and talented new-age actors in the industry today,

ELNAAZ NOROUZI

stunned the audience with her first offering, Sacred Games itself. After delivering the family entertainer Hello Charlie, the versatile actress is now gearing up for her next thriller titled Sangeen opposite Nawazuddin Siddiqui. She also has series of diverse projects lined up.

Photographer: Gaurav Bhat

Tell us something about you, how is Elnaaz Norouzi as a person?

I am a very disciplined person. I like to make sure that whatever work I have on my plate gets done, and I don't like to take no for an answer. Whenever there is a problem, I make sure to find a solution and get my work done. Having said that, I am also a very warm person. I love to make sure my friends are happy and feel good. So, I might go out of my way to make people comfortable. It takes time for me to open up because which I might come as a cold and arrogant person to someone who doesn't know me.

How did you get into acting what inspired you and how has been your journey into the films so far?

I always wanted to become an actor. It was not an overnight dream. Since I was six or seven, I knew this is what I want to do. My dream was to be a Bollywood actress and that's how I made my way to India and tried my luck and worked very hard! My journey so far has been really tough. It hasn't been a cakewalk but it has been beautiful. You never know what might come along when you are following your passion. I have taken everything with a little bit of sweetness even if it has been bitter. I am super excited for the future because I am open to whatever comes my way.

Tell us about your current projects which you are working on right now?

I have done a series with Maddock that is set to release very soon. It hasn't been announced yet but it is a very exciting project. I will be seen in multiple Avatars. Next, I have a film with Nawazuddin Siddiqui Sir called Sangeen. It was supposed to be released in the theatres but now we don't know because of the current situations. I have also done an exciting song in 'OM' which is Aditya Roy Kapur's next film. It is super hot and amazing. I, absolutely, can't wait for that one. A lot of things are lined up but we are waiting to see when we can release them.

Are you fitness freak what kind of fitness and diet regimen do you follow?

I won't call myself a fitness freak but I like to keep myself fit and in shape. As far as my diet is concerned, I am a vegetarian and I try to eat four meals a day. I will eat junk food if I feel like it but I make sure to work out. Even in current situations, I manage to work out 3 times a week. Earlier, I used to work out every day by dancing or doing Yoga.

Top 3 things on your bucket list?

Travel to Japan, sing a song and do a Hollywood project.

What have you been binge-watching in this lockdown?

I have been binge-watching a lot of things but the last show I watched was Bridgeton.

What's your skin routine?

It is a simple routine of cleansing, using a toner and a day or night cream. I also exfoliate a lot, I feel that's really important.

How do you deal with negativity or criticism?

I got used to negativity or criticism very early on in my life because I started modelling at a very young age of 14. Now, I easily forget about it. I will delete a shitty comment or not think about it again. I will do something positive or listen to something positive. I am more than happy to take constructive criticism.

Photographer- Soheil Faghih

I If I could turn back time, I'd... start eating healthy and taking care of my body much earlier in my life.

If I am on a date with someone… I pay attention and not use my phone and smile!

If I could go back in time, I'd change... nothing apart from having the knowledge that I have now and use it.

If I could invent anything, it would be... cure to immune diseases.

If I could live without sleeping….. I'd spend my nights reading.

If I wouldn't have been an actor, I'd be... A lawyer.

- By Masooma Fatima

FLAWLESS NATURAL MAKE UP LOOKS

- By Bidisha Barik

The playtime with makeup can never go wrong but the struggle is real. We've been stuck indoors for a pretty good time now, our vanity makeup box is calling us and denying them doesn't sound good! We all struggle for the "Flawless Natural makeup look" but the results always disappoint us or maybe the look itself says, "too glam to call it natural look".

Natural makeup looks so classy if we work under the right guidance and just a little bit of practice to start with. We have our experts from around the city to share their golden tip to achieve that flawless look you'd want to create for some classy aesthetic pictures to blow your Instagram audience. Slay it with the Experts of the City.

PREPPING

"Skin preparation is the key to creating a natural & flawless base.
Prepping & priming plays a very important role in makeup.

For the skin preparation, we need to analyse the model's skin type first, after the analysis we have to choose the products according to the skin type.

Wrong products can ruin the base, choosing the right products for prepping avoids any kind of cakiness & cracks on the skin especially when we are working with heavy coverage products. A lot of people skip under eye cream but it's very important to hydrate the under eye area to avoid creases. Don't forget to apply lip balm for those soft & plumped up lips.

The right order for skin prep: Exfoliation - Toner - Moisturizer - Under Eye cream - Primer - Lip balm."

Shravya Shetty
@makeupbyshravyashetty

Shravya Shetty

Saniya Khan

BASE

"We all love a glamorous makeup look but on some days less is more! A natural makeup look is a much simpler approach that gives us a fresh, No - Makeup, Makeup look. The key to ace this look is to have your base looking natural, dewy and skin-like. And to achieve that you need to work with lightweight products like foundation or concealer (that are light to medium on coverage) and cream-based products for blush and highlight.

Skin tints work great as well. Using powders will mattify the base, giving it a cakey appearance whereas using Cream-based products are easier to work with as they easily blend into the skin, can be built up to your preference and give a much more skin-like, dewy and sun-kissed look bringing the natural flush back into the skin.

Tip: Mix your moisturizer into your foundation/Concealer and it will not only tone down the coverage but also give it a slightly dewy finish."

Saniya Khan

@makeupbysaniyakhan

CHEEKS

"There are 3 types of blushes and finding the perfect formula is the key!

- If you have oily skin, a cheek stain works well. Stains look dewy and last for hours! True to its name, they stain so apply very little on your fingertips then gently apply on your cheeks.
- If you have combination skin, creamy formulas are great as they give a youthful look again and have a high staying power. A cream-based blush is easy to blend and apply. You can use a brush but your fingertips are a secret weapon for blending.
- If you have dry skin, stick with powdered formula. Powdered formula is great for gliding over pours and has a blurring effect. Powdered blush is best applied with a fluffy brush as it distributes the pigments evenly. Tap excess product and remember to blend precisely!

The popular belief is that stains and cream blushes work well with dry skin but it otherwise, can crack when they dry. You can resort to preparing your skin well and use these formula blushes for a shorter duration.

Add a little highlighter depending on the formula you have chosen to your blush (highlighters come in all 3 formulas). This helps accentuate a healthy glow!

Apply blush according to your face shape:
Heart face: temple down to cheekbone (c shape)
Square face: cheekbone to the corner of the brow to the hairline
Oblong face: apple of your cheek blending colour towards nose bringing it outward towards your temple
Round face: apple of your cheek up towards temple and down towards your earlobe
Oval face: cheekbone down towards earlobe up towards the temple."

Azrah J.V Ebrahim

@makeupbyaza

Azrah J.V Ebrahim

Saba Fatima

EYEBROWS & LIPS

"Not all brows need to be filled, but a little eyebrow grooming to help shape them is always a plus. Take a shade lighter than your natural brow colour, warm the brow brush with a hairdryer and brush the brow hairs down, then up. Never brush against the direction your hair naturally grows in. Use your pomade and draw light strokes into areas that seem lighter or emptier than the rest whether you use a pencil, pomade or gel don't make them a single, consistent shade from end to end. It should be lighter at the inner corner and get darker towards the tail end.

To create the illusion of a higher arch, gently press a highlighter underneath your arch and conceal it along your top line. Those with long or square faces can go for brows that are slightly elongated with raised arch, and for round faces, having curved brows keeping them angular will again have the natural bonus. The right angles can help it look more chiselled.

We all have a shade range of lipstick that defines us. Some of us are all about natural pinks and nudes, others love bold red, vampy and some can't get enough of berry tones. The trick for long-lasting lipstick is simple and maybe even something your mom taught you. Two words— LIP PENCIL! First, Line and fill your lips with a Lip Pencil. Then, apply your lipstick. I like to dab it one for a sheerer look or swipe it on for more impact. If you want softer lips exfoliate them with gentle Sugar Butter Lip Scrub/Plumper to help remove dead skin and to add an extra splash of hydration. Keep them healthy and hydrated by using lip products that are infused with nourishing oils that will help your lips appear fuller, without having to over-line them."

Saba Fatima

@sabby.makeup

EYES

"I love making faces! I was into art, makeup, and design since the very beginning of my life. As a child, I loved makeup and with time, my passion for it increased fourfold. So, what started as a childhood interest became my passion and ultimately my profession named 'Party Makeup'. However, in 2021, as long as COVID-19 does not go away, I feel that minimalist makeup trends are here to stay. Minimal makeup tags along well with masks.

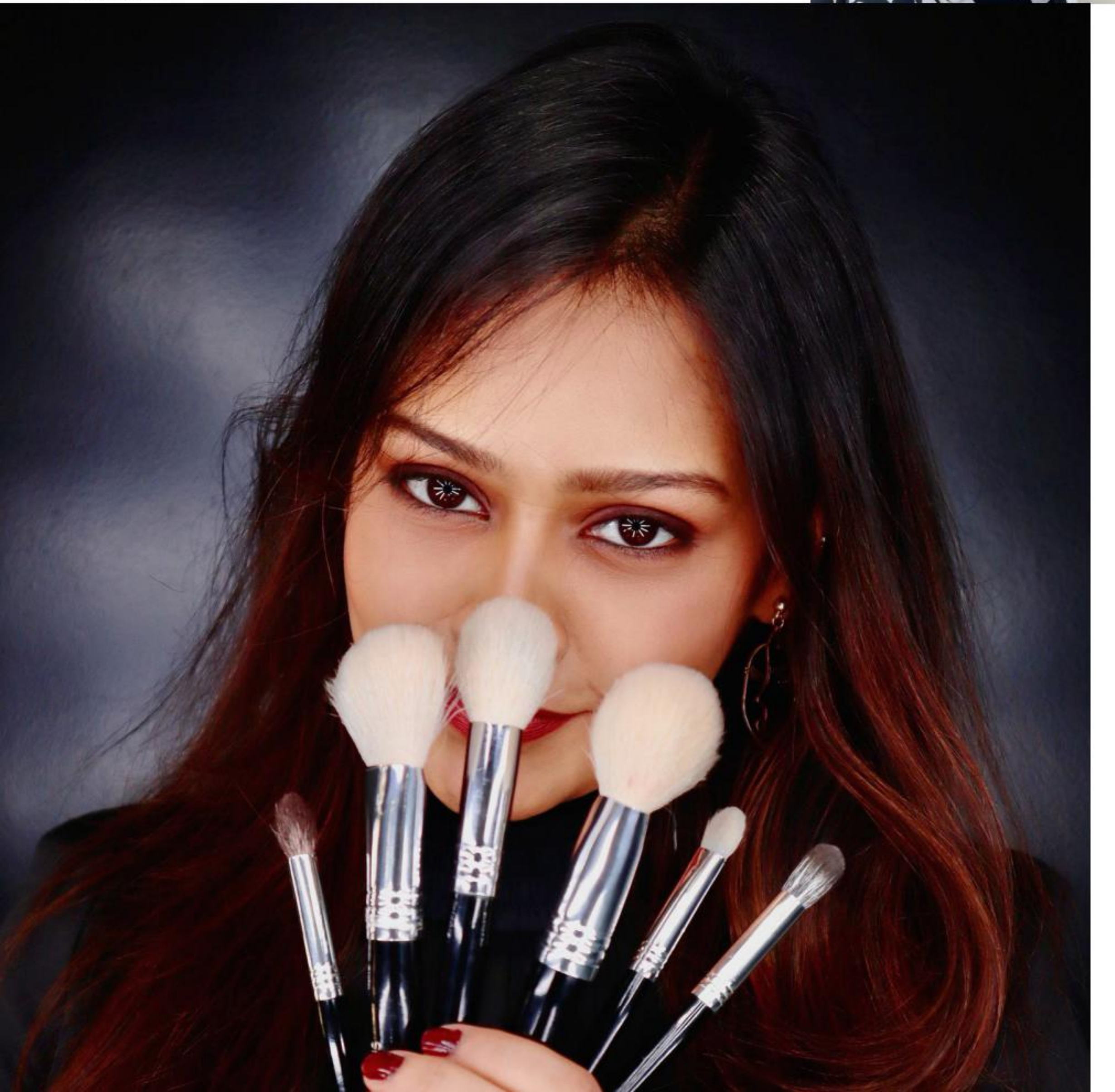
To enhance and brighten up the eyes, start with using a pencil brush taking taupe eyeshadow or natural colour, blending it into the crease and applying light highlighter colour on the lids to brighten up. Cream eyeshadows work well to create a natural look and are quick to apply. Opt for a tight-line method to make your lashes look fuller. If you're able to, Line the upper lash line with a dark eye pencil.

Create an all-out lash look: Curl Your Lashes with a good eyelash curler (must have). Top it off with several coats of mascara. Here's a simple mascara hack you can do to achieve that same tight line effect. My trick to create natural glam: Using your favourite volumizing mascara, concentrate the wand as close to the lash line as possible to achieve intensity. One of my favourites is Blackout Mascara from Dior."

Prarthna Jain

@prarthnaj

Prarthna Jain



An Ode to Supermen - Celebrating Father's Day

"When you're young, you think your dad is Superman. Then you grow up, and you realize he's just a regular guy who wears a cape." -Unknown

If we were to write a million praises about our fathers it would be less, we cannot fathom the role they play in our lives, we learn a lot from them.

We spoke to some awesome people from all over Hyderabad to tell us why this father's day is special.

- By Inas Inayath

"My relationship with my dad has been easy breezy. My favourite memory with him has been our Sundays when he was off from work and would have this big smile the moment he woke up, he would either play a sport like cricket with me and my brother or he would take us to the pool where we would have breakfast together after a swim. We have all heard that anyone can father a child but being a dad takes a lifetime. Dads have a big job from disciplining and providing positive examples to their children so that tomorrow when they need you they should trust you enough with your advice. At the same time, my role as a father would be to make my son much more independent and someone with a free mind to actually be able to see life more closely than I have.

The best part of being a father is the feeling of selflessness and unconditional love that u can give and get from your kids. The way my son opens the door and screams when am back from work, his infectious smiles and excitement when he knows daddy is home, his special way of explaining certain things or situations, getting to watch him grow up and in the end, the best part is simply all of it. This time fathers day would be special as everyone's home due to the lockdown situation, I will get to spend more time with my son (Ahaann) and also get to be around with my dad. The silver lining of this lockdown is that I have been able to spend a lot of time with my dad which I thought I'll never be able to spend cos of the fast-paced life everyone has. I feel blessed to be able to be around him and spend quality time without being bothered about work or any social commitment. This fathers day is truly special"

Rohit Jhamnani, ***Director of K J Fashions & Designers Pvt Ltd***

"A fathers role in a child's life is un-matched to any. Considering my busy schedule as an Orthopaedic Surgeon, I make sure I try and spend as much time as possible with my two lovely kids. I do as much as I can in my capacity and capability to see them happy and flourishing well. So much so that, that I see them asking me to do things that kids normally would want their mothers to do. It's heart-warming!. This lockdown period has been a blessing in disguise as it has given me the opportunity to maximise my time with my family, be it playing games, cooking for them or be it the disagreements and not to mention the fights which get resolved in no time. Its all part of the most joyous experience of being a father to the two most beautiful and understanding children one would have ever asked for. I can only hope that my kids look up to me as the best father they could have hoped for".

Dr Karthik Pingle, ***Orthopaedic Surgeon***

"My father was always a strict father growing up. I would shiver with just one glare of his. But fast forward all these years and today he is my Best Friend, my confidant. Whether it's business decisions or any other pickle I'm in, He is always my "Go-To person".

My father gave me the greatest gift anyone could give another person: He believed in me. "The quality of a father can be seen in the goals, dreams and aspirations he sets not only for himself but for his family." So, This father's day reminds me of how blessed and proud I am to be his daughter"

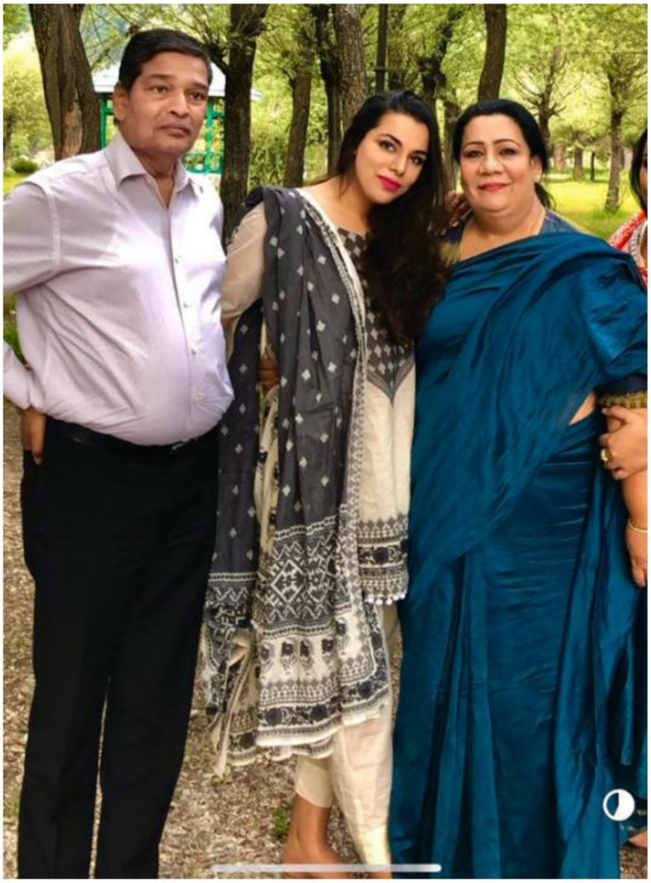
Cindy Agarwal, ***Designer***

"Being a father has been one of the best aspects of my life. I was never nervous, even for a bit when I found out I was going to be a father. I always was energised that I had to mentor beautiful souls to the best of my ability. I moved forward with not only the idea of taking mine or my family name ahead but also raising them to become contributing citizens of a great nation and make some remarkable difference in the world. I feel blessed with two fantastic children who are much better human beings, then I had envisioned. Both my boys are sensitively focused, and the best part has a human touch in anything they deal with create in any situation and that gives me the most significant contentment. For me, the best part of being a father is that the boys have always made me proud of their various achievements. I am not bothered about what they choose to become in life, rest assured that their foundation is so strong that they will be the best in whatever they pursue. This father's day seems to be unique to me as both of my sons are going to be with me. Lately, we share and a new level of bonding and understanding due to the Quarantine."

Girish Mallpani, ***Managing Director- MPM Group of companies***

"When I think about my dad, the only thing I feel his strength. My relationship with him has evolved since the past few years especially after I lost my brother in 2015. Earlier I and dad wouldn't talk as much, car rides would be quiet and we'd have awkward silences. But since we faced a loss as a family, it somehow brought us closer. I understand him so much more now and feel that we are so similar. I was a difficult teen, but no matter what- I always had my dad standing right next to me as strong as a rock! He still is.. staying away from home makes me miss him even more!"

Nadika Ravi, ***Social Media Journalist***



"There's a saying, "One wise father is better than a hundred schoolmasters" and it can't be more accurate in my fathers' case! For as long as I can vividly recall, I've seen my father put every principle he has spoken about into a reality. As kids, we imbibe what we see our parents do. So growing up, I have never once seen him change his ways or fall back on his own words! Hence, no one has been able to match my fathers' footsteps to date, not even my brothers!

Regardless of what and where my Dad has achieved success in life MashaaAllah, he has been the most humble man and loyal to his roots!. As a daughter, I'm continually trying to follow his teachings. And if I fail, then there's always that odd bit of scolding! But I wouldn't want it any other way! I feel every single one of us, credits our mothers for their dedication and relentlessly taking care of us. However, I don't believe in celebrating one parent over the other. For all of us seven siblings and now their kids, we have celebrated both parents together every single day because one can NEVER hundred per cent take the place of the other. On this Fathers Day, under the circumstances given. The sufferings have just been increasing tenfold around us. And where did most of us find solace? It was under our Fathers shade, In their homes, Under their protection. Alhamdullilah. With food on our tables and comfortable home to live in during this forsaken times, I can credit and show utmost GRATITUDE to my Dad for it. Fathers genuinely want their kids to be well fed even if they sleep empty stomach. The power and love of a Father are unparallel. I pray all our fathers to stay healthy always because they are genuinely a BLESSING IN DISGUISE!"

Khateeja Khan, ***Makeup Artist (Katz Beauty)***

Lockdown Wedding Edition

Although this pandemic has left us all 6 feet apart, lovers have always found a way to be together. With the covid restriction and guidelines putting a stop on large gathering events. Couples have resorted to intimate wedding session. Some couples have also opted for court marriage to get away from the hassle of planning and inviting. Indian weddings are known for their grand celebration and festivities. Even during this lockdown couples and wedding planners have found ways to make the event a happy and fun occasion. If you're planning a wedding this lockdown we have a list of idea for an awesome lockdown wedding:

-By Umera Riyaz

Terrace Wedding

If you have a huge terrace, use it to your advantage. You set the main stage in the middle of the terrace where the ritual will take place and arrange seats for close friends and family around it. A bohemia style terrace wedding would look amazing.

Who says you can't have a mehndi function, just because you are having a lockdown wedding? Weddings are a happy day that is meant to be celebrated. Team Mehendi Wale will always ensure that our Mehendi artists follow all the health protocols strictly. The Mehendi artists are going to come in close contact with the bride and guests for a few hours. It's pivotal that both parties sanitize their hands regularly. Hence our team makes sure to wear gloves and masks and practice social distancing wherever possible. The bride spends hours getting her feet, hands adorned with intricate designs. Mehendi enhances her bridal look. But did you ever think that why is Mehendi so important? Mehendi is widely used by women in India during festivals. It is one of the most important Solah Shringar items. This ancient and natural dyeing agent is an integral part of Indian wedding ceremonies.

Sania Jaweed, **Owner of Team Mehendi Wale**
Instagram: @teammehendiwale

Floral Wedding

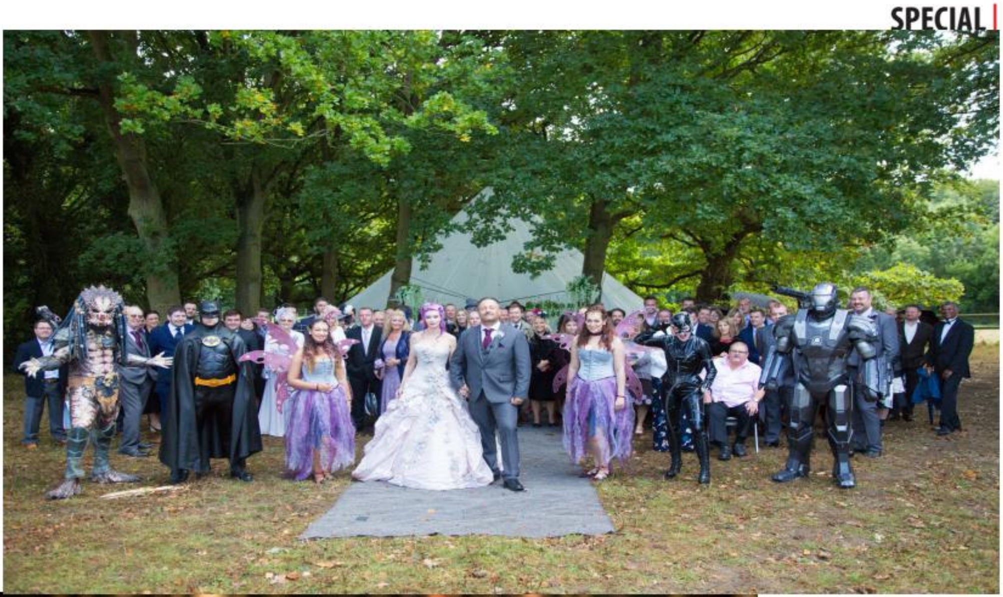
Forever
Always

If you have never dying love for flowers, this wedding style for you. A floral wedding would consist of a floral touch to everything, from your invites to your attrite. You can even separate flowers for different things, tulips you could be used for invites and roses on the chairs. You can even make a floral chandelier under the mandap. The imagination with style is limited.

While growing up, makeup has been my haven, a place where I could express my creativity without barriers. The pandemic has indeed taken a toll on the wedding season with people postponing wedding or opting for close-knitted celebrations. While this can be both a boon and bane, it requires a new tasteful touch to the makeup aesthetics. I often see my clients end up confused by the spontaneous changes in the foreseeable marriage planning. Due to lockdown, many brides change their outfit to fit the occasion leaving them feeling overwhelmed. This is where I come into play. One thing I advise my brides is to stay calm. I talk to them to get a picture of what they are looking for and guide them in the right direction, from asking what their outfit is to what accessories they're planning to flaunt, I take a note of the tiniest details so that they don't have a lot on their plate.I also make sure they take good care of themselves inside out and talk about pre-wedding skincare, The Dos and the Don'ts. I like to think of myself as more than just a Makeup Artist. I want to see my brides flashing radiance and confidence because true beauty stems from how you feel about yourself. You can book an appointment by getting in touch on our Instagram handle.

Umaima Zaki, **Makeup Artist**
Instagram: @glambyuz

Theme Wedding



Are you a Potterhead or marvel fan? Is there a specific movie or TV show series that is very close to your heart? If yes, then this lockdown you can make your wedding themed wedding. Your friends and family can dress up as the character as well. The food could be themed as well.

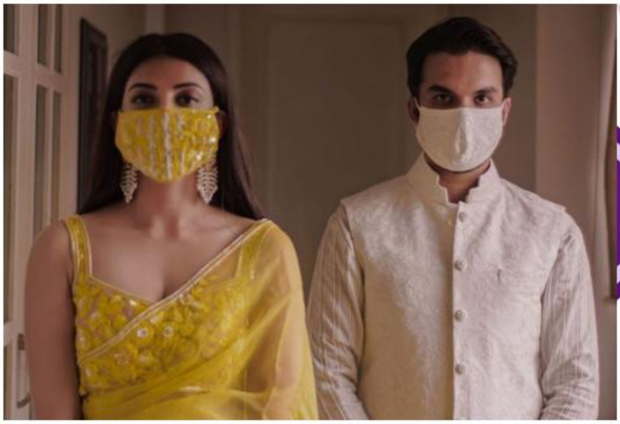
Lockdown has hit every business yet again when we were least expecting it. The wedding season was just around the corner, we had high expectations and designs that we wanted to execute but this year had different plans. Though these are tough times, we must stay positive and life goes on, so we have been taking up every order that has been coming our way to help our clients celebrate their milestones in the most intimate way possible. Since 2020, transforming small home spaces into beautiful wedding venues has become a hobby for our team. Event planners are a key for your events no matter how big or small the event is because we make sure to take away the stress from you and let you spend these memorable moments with your family. We take care of it all for you gladly, from catering to minute detailing of your event, we have got your back and it doesn't matter what the event is, we are always a call away.

Saipriya Sattoor & Anitha Sattoor, **Owners and Event Planners, Perfectly rad events Instagram: @perfectlyradevents**

FACE MASK - A FASHION STATEMENT

- By Bidisha Barik

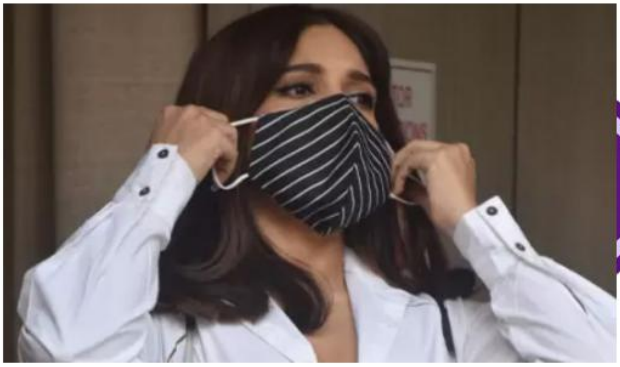
Face Masks are the new fashion statement in the town, and this just can't be ignored as this accessory will be your first impression. We already know that face masks have been newly launched and already the fashion industry has emerged with different looks. Though the styles have been emerging with different materials, we have to make sure we aren't compromising with safety. With this fashionable accessory being the talk of the town, we have our favourite celebrities glamorously slaying this fashion statement. And this new trend should be precisely styled for any event, occasion, or even a day out that calls for the perfect outfit of the day/night. Just as we take this new accessory with styling it with glamour and chic looks, it is important to make sure it protects us because fashion has been about comfort and style, now we can add on "safety" to its feature and also you can wear a surgical mask beneath with the trending face masks to be safe!



Match it with your wedding outfit:

With pandemic weddings taking place, and the panic for not being stylish with masks - we understand! But, how about styling your matching face masks too! This trend has been going around the internet and we couldn't stop drooling over the perfect shots!

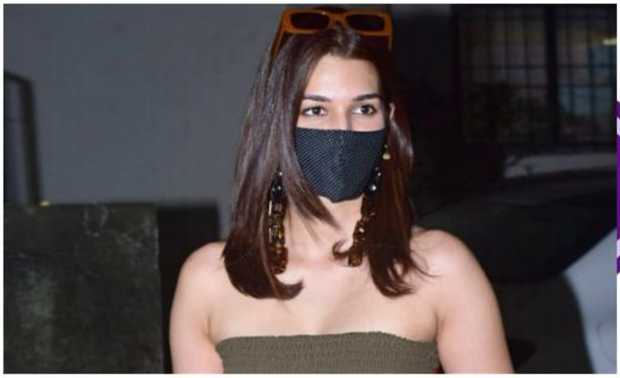
Kajal Aggarwal has elegantly rocked this look on one of her wedding ceremonies. Manish Malhotra did fantastic work as always by styling this mask that matches her outfit of that day!



Stripes can never go out of style:

The fashion industry has emerged greatly since the 80s and 90s but stripes have to always slay the trend game! The casual outing or your college look will have to have the stylish classic striped mask to win the game.

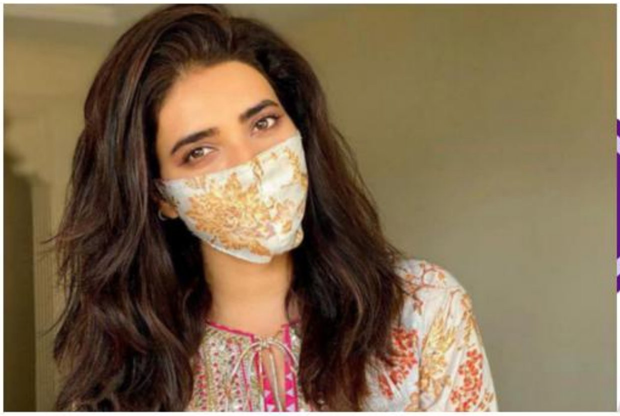
Our gorgeous **Bhumi Pednekar** got it all right with the striped mask and her classy outfit!



The drama lies in Chain:

The face mask chains an elegant accessory to blow up your whole look. It's elegant, classic and adds drama to your persona, what else are we here for?

And **Kriti Sanon** cannot be missed while we talk about fashion and elegance; her stylish face mask chain look is so aesthetic with the classy olive crop top!



The comfort of floral:

Floral masks are the pretty space to experiment while opting for the comfort zone and this look can still be stylish with matching the outfit with the same colour palette or floral design!

Karishma Tanna carries pretty floral ethnic fashion effortlessly with a matching mask. This look makes comfort look beautiful in this summer as well!

"In this stretch of the pandemic, where all of us have been locked in our homes physically and mentally, Inaya Fatima, the founder of RÉBAH, has a reason for you to step out when all of this is over. This art enthusiast started her own hand-painted clothing brand in 2019 and the latest additions to her catalogue are a range of endearing face masks, all based on customisation. Her customised floral masks will brighten up the look for the day/night you'd be slaying Pandemic has hit very hard, where everyone has been battling their own chaos, and face masks have turned into the only essential accessory that everyone could see. Inaya Fatima believes in spreading art with positivity, hence grabbed the opportunity and launched more than 70+ Hand Painted designer masks for everyone to feel confident, ease their mind and make them feel special with Hand Painted masks.
RÉBAH's recent summer Collection was a huge one where she introduced new categories and collections like Reshmi Bageecha-Silk suit, Shada Ginkgo All White Collection, Tropical kaftans, Blooming Scarves and Hijabs."

Inaya Fatima, Entrepreneur: @rebah.in
Website: www.rebah.in

"Mask - A Functional Fashion Statement.'Mask' has become an unexpected silver lining for the fashion industry in a state of existential turmoil. Aside from its apparent functionality, it additionally provides an aesthetic sense of mystery and allure.In 2021, level up your style game, be an eco-friendly consumer & ditch those detrimental surgical masks. Accentuate a casual outfit with a reusable printed mask. How about dainty floral or a sporty military print? Also, masks embellished with rhinestones & sequins have been a supreme trend since last year. Want to keep it subtle but fun? Accessorize your look with a coordinated mask in the same matching hue or opt for a black knit mask, feeling a little more experimental? Surely masks with chains/bows do the job! Fashion forecasters predict the potential longevity of masks & sadly the cause isn't limited to the pandemic, other reasons like climate change and air quality are of great concern. Up cycled denim/bandana masks, cotton & linen masks are a few eco-friendly styling choices, moreover, natural fabrics reduce the chances of "maskne." To add an interesting virtual texture to your ensemble, play around with plaid/tartan masks. There are a plethora of choices in the market, use it to your advantage & create a look that truly reflects your style!"

Parmeet Bagga, Fashion Stylist (@khushibagga04)

"As we all know what the new normal has been like for over a year now and many Mask trends have come and gone. My personal favourite is the Black disposable mask! Obviously, a more environmentally friendly and sustainable reusable mask is ideal, but when you're dealing with allergies or know you'll need to discard your mask after wearing it, a chic disposable face mask is the way to go. Celebrities like Justin and Hailey Bieber and even Bella Hadid have loved sleek, simple and actually-cute disposable face masks, so you might as well get the look for days you can't use a washable mask!"

PRIYA BHATIA, FASHION CONTENT CREATOR

Dispelling The Common COVID-19 Vaccine Myths.

Ever since the availability of COVID-19 Vaccines, there have been many falsehoods and misinformation circulating. With so many mix-ups of information out there pertaining to the vaccine it is difficult to decide whether to get the vaccine and it is important to separate myths from facts.

Tulip spoke to Dr K Subba Reddy, MD, PDCC, IDCCM, IFCCM, EDIC, Sr. Consultant and Head, Critical Care, Apollo Health City, ISCCM Hyderabad Chairman, to debunk some of the most common coronavirus vaccine myths and conspiracy theories.

Myth #1: I have already had COVID once, why vaccinate now?

Once a patient recovers from COVID-19, the immune response in the body is ready to combat further infection for some time, and this is known as natural immunity. However, research shows that the chances of re-infection increases with time, usually 6-8 months and with a few particular variants, the chances of re-infection is even higher. Therefore, vaccination remains the best way to create antibodies against COVID-19 without any serious risk of severe illness.

In case the COVID-19 treatment did involve monoclonal antibodies or convalescent plasma, it is recommended that you wait for 90 days after recovering from the infection. To allow the antibodies to exit your system, which is crucial because the monoclonal antibodies will prevent your body from developing a robust immune response from the vaccine.

Myth #2: The vaccine has been developed so quickly, they must be unsafe.

Safety is the first and foremost goal for a vaccine.

In my opinion, safety is not compromised by the speed of vaccine development and emergency use authorization. The reason that vaccines may be approved so quickly is due to the large clinical trials to assess the vaccine efficacy and safety at the same time. Typically, large-scale manufacturing begins only when the vaccine has been tested in clinical trials.

Another factor that accelerated vaccine development was the swift and efficient recruitment of patients for clinical trials.

Myth #3: Once I take the vaccine, I am free to discard all precautions against COVID-19

While these vaccines are showing to be highly effective at protecting people against serious illness from COVID-19, we are still learning whether it is possible for a vaccinated person to spread the virus, even without symptoms. Hence, it is important to continue practicing all safety precautions against COVID-19.

Myth#4: Vaccines will alter your DNA

No, COVID-19 vaccines do not alter your DNA.

COVID-19 vaccine uses a fragment of messenger RNA (mRNA) to instruct your body to make an immune response against COVID-19.

The mRNA is a single stranded copy of a small part of the DNA, which is often released to send instructions to other parts of the cell.
The mRNA never enters the nucleus, which is where our DNA is kept. The body gets rid of the mRNA soon after it's finished using the instructions.

Myth #5: COVID vaccine will make you infertile.

No, it doesn't affect one's fertility.
There is no evidence that shows getting one of the COVID-19 vaccines will cause infertility or even cause complications that would require fertility workup, I recommend that young women, millennials and Gen Z'ers, get the vaccine. I've seen evidence of younger and older women getting the vaccine and having no problems conceiving.

Myth #6: Patients with BP, HIV, kidney problems or cancer survivors should not take the vaccine.

They must get the Covid-19 vaccine, if they test positive for Covid-19, their immune system is not so competent to fight it and they have other comorbidities like diabetes or high blood pressure for which they are taking medications. The immune response will be less, but they should take the vaccine as they would be at less risk.

Myth #7: Don't get vaccinated during periods.

Women do not need to schedule their COVID-19 vaccine around their menstrual cycle. The immune system is not sufficiently affected by either the COVID-19 vaccine or the menstrual cycle. In fact, delaying vaccination around your cycle may only leave you unprotected from COVID-19 for a longer time without providing any known benefit.

Dr. Subba Reddy

Myth #8: You cannot take the vaccine if you are pregnant or breast feeding.

There is no known risk in giving available COVID-19 vaccines to pregnant or breastfeeding women.
COVID-19 vaccines are not a risk to lactating people or their breastfeeding babies. Therefore, lactating people can receive a COVID-19 vaccine. Recent reports have shown that breastfeeding people who have received COVID-19 mRNA vaccines have antibodies in their breastmilk, which could help protect their babies. More data is needed to determine what protection these antibodies may provide to the baby.
If needed, they can get vaccination after discussing with their Gynecologist.

Myth #9: All medications have to be stopped before undergoing vaccination.

From statins, anticoagulants, immunosuppressants to blood sugar pills, most people with comorbidities rely on medications to regulate vital functioning and thus, need to be used regularly.

Myth #10: Side effects of Vaccines can lead to death.

COVID-19 vaccine has been introduced only because it is proven to be safe. The common side effects in some individuals could be mild fever, headache, chills, etc.
Covishield: Some mild symptoms which may occur are, injection site tenderness, injection site pain, headache, fatigue, chill, arthralgia and nausea.
Covaxin: Some mild symptoms or Adverse events following Immunization (AEFI) may occur like injection site pain, headache, fever, body pains, abdominal pain, nausea, dizziness, cold, cough and injection site swelling.
No other vaccine-related serious adverse effects have been reported.

-By Ruchi Rai Sohni

STYLE YOUR HOME OFFICES: THE NEW WORK-LIFE

If there's anything that has drastically changed over the past year. It's working from home. As much as this sounds comfortable and fun, many reports suggest otherwise. People have reported working from home as difficult. The reason being that there isn't a proper separation between work life and home life. There's also a section of people who have found this time as a blessing, many of these people had a strict work schedule and couldn't make time for themselves or their families. However, these tough times have made us all learn about makeshift workspaces, like our beds being our conference room, our dining table being our desk and whatnot. We have come up with a few ideas that might help you elevate your workspace and make you feel more professional at home.

A Corner Space

Pick a corner where you get enough sunlight but is also a cool area to work. You can add a long table with no drawers to make more leg space. The long table allows you extra space to add accessories and devices that you need throughout the day.

Green everywhere

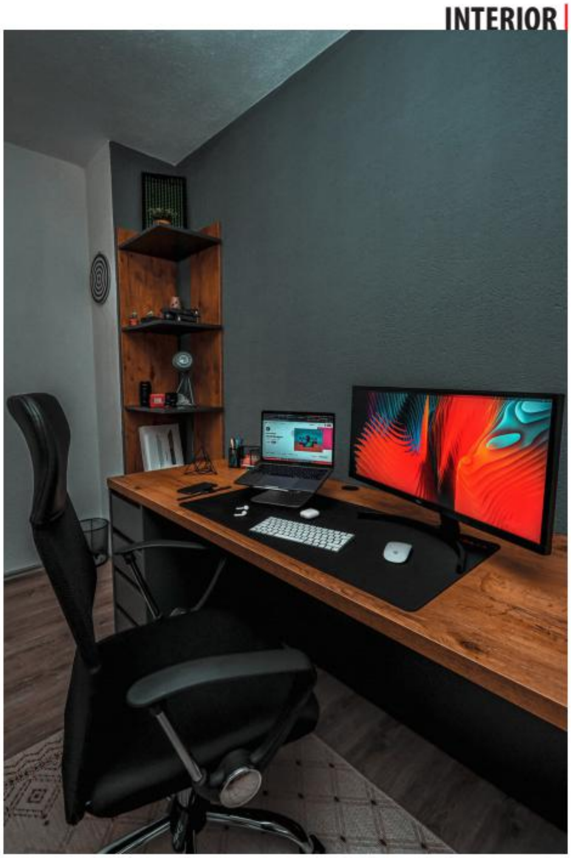
A great addition to your workspace is plants. You can use cute tiny succulents or even big huge leafy plants whatever suits you best, you can find them at your nearest nursery. Plants make any space look more open and positive. If you're allergic to leaves, we recommend you add artificial plants to the desk.

Window Workstation

A desk near a window or a balcony is always the best. You get enough sunlight and can also enjoy the cool breeze in the evening. Add a soft and comfortable chair, one that matches your desk, colour combination is important.

Space-saving desk

We know that space is a luxury not all can have. In such cases, you can opt for bookshelf cum desks, these shelves allow you to systematically organize your files and stationery. You can always look for the ones that have key locks for safety.



We always recommend keeping your workspace out of the bedroom for maximum productivity. These were some of our fun ideas for your workstations. Let us know if you tried any of these workspace ideas.

Work from home for me is both manageable and challenging. I feel working from home with 'fewer interruptions' is more productive than a day in the office. It's more manageable because of proper concentration flow, comfortable outfit, favourite coffee and most importantly 'no commute, less tiredness'. It has become challenging for me because it's nothing less than a 'home lockdown'. I keep my door locked all day during my shift to avoid disturbances. And yeah, work from home impacts our mental health too.Speaking about work, being an entertainment and lifestyle journalist, a large part of my job consists of researching celebrities and surfing a lot through their social media and much more. Doing that remotely, being a web journalist is not something new for me. But yeah, as Journalism is all about teamwork and creativity, I do miss working with my teammates. Hope everything falls into the right place soon and we all start working from the desk, accepting the new normal!

Amena Rasti Baghban, **Journalist**

With the pandemic, not only have we had to reverse our business strategies but also our workspace, No matter how much we pretend it is business-as-usual each day ushers in the same monotony of life, our living room coffee table, dining table, kitchen counter or even our bed has to be hurriedly reconfigured and double up as our new workplace. Pulling all-nighters. Perpetually on the edge and our toes, we work like machines and move from one session to another, from one Zoom call to prepping meals, and from emails to running errands with no breather at all.We supposedly lock ourselves into the sanctum of our new workplace, but our families demand our attention and intrude into our 'meetings' all day long. haha. We are forced to remain distant, yet connected.

Amtul Nafae Qadeer, **Creative writing mentor and Entrepreneur**

-By Umera Riyaz

Trends in Dermato-Cosmetology 2021

Dr. Sravya Chowdary Tipirneni originally from Hyderabad is a highly qualified Consultant Dermatologist & Cosmetologist at Columbia Asia Hospital Whitefield, in Bengaluru, India. She completed her MBBS from Kamineni Institute of Medical Sciences & Research in 2010, as one of the top ten graduates of her class and then went to Chicago, USA in 2011, and completed Clinical Clerkship at a Heart Transplant Center, Pre and Post Heart Transplant Care, specializing in LVAD (Left Ventricular Assist Device). She was the college topper in MD - Dermatology, Venereology & Leprosy in 2015, which she pursued from Vydehi Institute of Medical Sciences and Research Centre. Dr. Sravya Chowdary Tipirneni graduated as the Valedictorian & elected Class Representative in the Advanced Management Program in Healthcare (AMPH) at the prestigious Indian School of Business (ISB) in 2019.

How has Tele dermatology progressed in 2020-21?

Online dermatology has become a necessity with the pandemic raging for more than a year now , so many issues that were earlier seen in person can now be diagnosed and treated to the best extent possible from the comfort and safety of the patients home . I've been doing it since March 2020, and even though in clinic procedures like lasers, botox and fillers are still done we always do so with the highest safety measures. From chronic autoimmune conditions like Psoriasis and eczema to Covid and stress related Maskne, I've treated quite a few in the past year. It's the new normal for Dermatology!

What are Liquid facelifts?

This is the rage right now. You don't need to go under the knife anymore to get wrinkle free, tighter skin or a well contoured face that make you the best version of yourself. Whether it's a nose job, deep and dark under eye circles, or plumper lips. Numerous types of fillers and well done botox can definitely redefine your natural beauty while making it look "au naturelle"! And the best part, its semi – permanent. You don't have to get it redone if you don't like it and it's definitely much less risky than surgery.

Why do more people prefer "The subtle look "?

The overdone Instagram look is passé now. The natural, sun kissed subtle look is in. Whether it's skin care or permanent makeup that trending now, microblading and permanent lip. Tints are all aimed at making you look natural and subtly beautiful versions for yourself. Even the Botox and fillers are done to achieve as natural a look as possible. And my aim is always " It should look like you did nothing!"

How important is Preventative skin care?

a. More and more people are realizing and paying more attention to their skin ageing changes as they stare at their own faces' way more during this pandemic. Whether it's minimal blemishes or fine lines developing, people are more educated about agents like retinol, antioxidants and AHAs and the importance of incorporating these in their daily regimen early on. Importance to the decolletage region is finally being given.

b. Anti - ageing procedures for skin tightening, cellulite reduction, delaying of fine lines and more, are all being done earlier on now to get the best results and look younger longer!

How can you embrace "Minimalism"?

More and more millennials were caught up last year in a raging Korean skin care trend which included 5,7 and 10 step skin regimens. Most of which were impractical and not suitable for most people. Skin regimens are always catered to based on individual skin type and requirements and experiments gone wrong had brought about serious skin reactions and acne flare ups to these products which were all self prescribed. Honestly, the lesser you do to your skin, the better.

What are multi-use products?

a. Keeping in trend with minimalism, patients want a simple formulation to perform different functions. For example, acne, dark spots, dull skin and open pores can all be addressed by using just one or two combinations in mild cases.

b. Hence the rising popularity of AHA s, BHAs, and PHAs incorporated in combination with retinols and Vit c, niacinamide etc.

c. This is not only easy on the pocket but can also be used at home by yourself.

d. I have also started prescribing these to my patients as well!

What are "No touch treatments"?

With the pandemic making more and more patients nervous, treatments with no direct contact are also becoming popular. Blue light treatments for acne, anti - cellulite and lymphatic drainage enhancing treatments for the body are also in vogue if indicated for that patient. High intensity radio-frequency treatments for tightening of skin and other micro current perfectors are on the rise.

Transformative Body treatments?

Gone are the days when all the importance was stolen by the face alone. Equal attention now is given to the body as well. From body lathering solutions, to exfoliating scrubs and detanning formulations, the market is filled very effective products. In clinic body procedures like fat reduction procedures and cellulite reduction procedures are extremely popular and safe as they're non invasive. Full body rejuvenation treatments including those for post pregnancy are available now and is life changing.

Instagram: @drsravyasays

Enhance Your At-Home Fitness Routine

The pandemic has got us sitting at home and chilling out in front of Netflix. This work-from-home lifestyle has given us an ample amount of time to spare for our fitness. But are we utilizing that time properly? We need to prioritize our health, especially during these tough times. As they say, "Don't just think about it, do it!" Take one day at a time and start by investing in yourself! Don't wake up just before your meeting, wake up earlier and make some time for these exercises that will benefit you in the long run. Let's take a deep dive into these 8 easy exercises that you can add to your busy schedule. Will walk you through 8 exercises you should add to your schedule for improving your health and robustness. Please connect with your fitness trainer for guidance.

By Sanika Salunke

Burpees

To put it simply, a burpee is a combination of push-ups and jumping squats. It can be challenging at first, but with practice and expert guidance, you can achieve great results. Why burpees you ask? Because this exercise allows a full-body movement, that helps with strengthening your heart and lungs. It further improves blood flow and lowers the risk of heart diseases and diabetes. It may also improve cholesterol levels and brain functions! Plus, the added benefit being it's versatile and convenient, you don't need any extra equipment or space to do this exercise!

Jump Rope

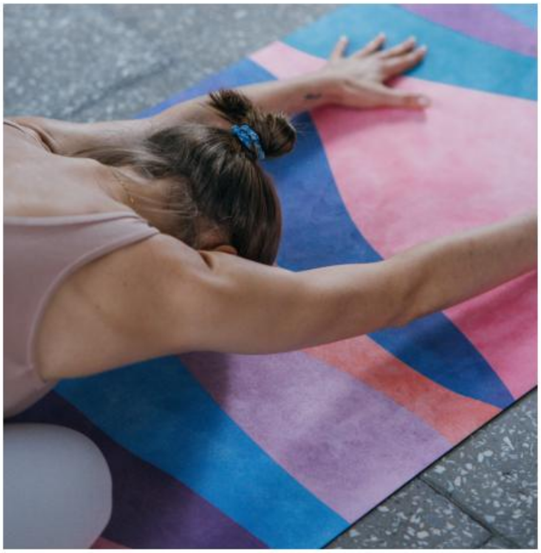
Did you know 10 minutes of skipping is equal to 30 minutes of running? It's extremely effective and incredible when it comes to improving speed, power and endurance. The good old jumping rope is one the best forms of exercises! With numerous variations and a do-it-anywhere vibe, this one is unquestionably my personal favourite. Are you already into jump rope but want to enhance the toughness level? All you need to do is buy a heavier rope, it will help you develop your back muscles.

Squats & Crunches

Starting with strengthening your core and lower body to boosting your athletic ability and crushing those extra calories, they will help you get in shape in no time. Squats are highly effective and have various benefits. Awaiting abs? Then you surely have to add crunches to your routine! They may not burn up calories as fast as squats but will develop your abs as they work the abdominal muscle. Nevertheless, make sure you are doing them by following the right methods.

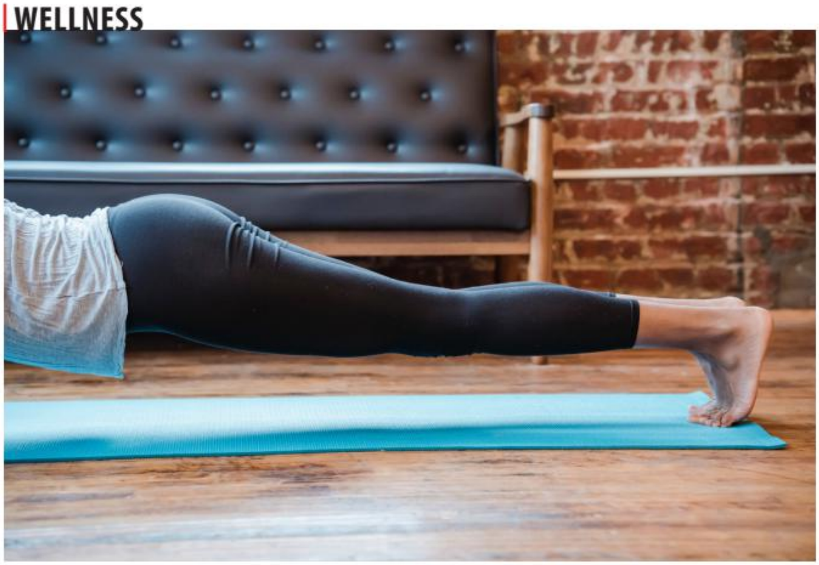
Dance It Out

Sometimes we get so involved with technical exercises that we forget to enjoy the process. Exercising doesn't always have to be boring, you can spice it up by adding in different dance routines. Don't know where to start? It's quite simple, opt for a new dance form that promotes fitness. For example, you can start with Zumba, it is a combination of upbeat music, loads of movement and full-body exercise with maximum enjoyment. You gotta have some fun, it is essential considering this helps to maintain your daily routine otherwise we tend to quit if things get monotonous.



Cat-Cow Stretch

Inculcating a bit of yoga is always a positive start. It offers multiple ways to stretch your body and comes with exceptional benefits; this 'Cat-Cow Stretch' is enormously beneficial when it comes to supporting your back and maintaining a healthy spine. Essentially, flexing and elongating the spine can further improve the circulation in the discs. It will perfect your posture and balance. Inhale and arch for the cow pose and exhale and round for the cat pose.



The Plank

We all know about planks, they are beneficial to your body as they improve balance and posture. They strengthen your spine and shoulder bones along with body flexibility. They also reduce your belly fat and backache. But did you know plank walkouts are more effective than just basic planks?
Here's how you can do plank walk-outs: Start with a basic plank position, stepping your feet back behind you and lift your knees. The feet should be between hip and shoulder width. Make sure you tense your legs and support your core to keep your body rigid. Primarily, you need to go from a plank position to lifting yourself into a plank pose and going into an inch-worm form. Make sure to watch some videos and get this done perfectly!

Kegel Exercises

Kegel exercises are basic clench-and-release actions that help you strengthen your pelvic floor muscles. To perform these exercises first and foremost make sure your bladder is empty. Sit or lie down and tighten your pelvic floor muscles, hold onto it for 3-5 seconds. Practically speaking you should feel your muscles tighten, that's a way to know you are doing them correctly. These muscles support the bladder, womb, small intestine, and rectum. After completing, relax your muscles for the next few seconds and repeat!

The Full-Body Stretching

This one depends on you, but it's always good to end your workout session with different stretching and cool-down exercises. You can opt for Yoga, runner's stretch, or any other technique that helps with stretching. Don't skip this part; it is genuinely essential as it helps with muscle flexibility keeping them strong and healthy.

WORLD'S MOST BEAUTIFUL BOOKS LIBRARIES

Over lockdown, in last two years a lot of our readers have gone back to things they enjoyed but did not have time for. One major of those things has been - reading, picking up books and finishing them in weeks; people have been reading more books in a month than they have read in a year. This issue for all you book lovers we have a list of the best most beautiful libraries around the world, some known for their collection, some for its history and some for the sheer architectural delight.

- By Satpreet Kaur

Bodleian Library, Oxford, England

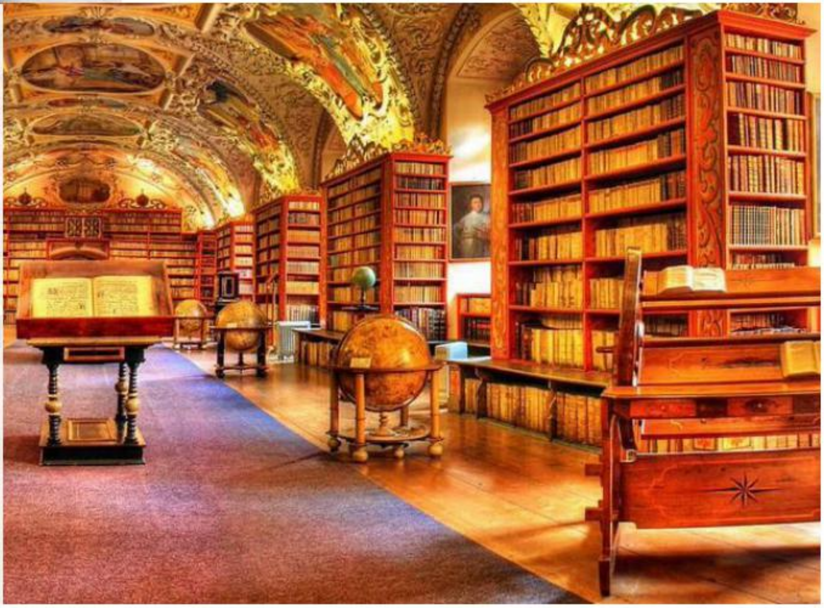
Located in beautiful city of London, the library has been in use since the 1300s, and its 12 million printed items continue to attract researchers and travelers from around the world. They say, it would take the keenest reader more than 600 lifetimes to get through all the books in the Bodleian (at the rate of one per day) Aside from housing museum-worthy tomes (like the first editions of Jane Austen's Emma and Charles Darwin's on the Origin of Species), the library's many buildings are as beautiful as they come. The famous Harry Potter Movie has a scene shot in Bodleian, watch the movies and see if you can figure it out.

Tama Art University Library, Tokyo

Modern design that completed in 2007, Tama Art University Library is an amalgamation of concrete arches, glass walls, minimalist furniture, and tidy rows of computers—but it still manages to have a classic, almost ancient feel. Perhaps the 100,000 books add a touch of archaism, or perhaps it's because the sleek structure sort of resembles a vaulted wine cellar. Either way, this complex structure certainly belongs on every architecture lover's bucket list.

Strahov Monastery Library, Prague

Widely considered to be among the most beautiful libraries in the world, the Strahov Monastery in Prague actually boasts two exquisite rooms full of books. Originally founded in 1143, it has endured wars, fires, and other disasters and was built as library in 1679. The library's best-known features are its remarkable ceiling, which is covered in Biblical frescoes, and the "compilation wheel" that turns to rotate shelves in order to make books easier to find without knocking any of them over.



Royal Portuguese Reading Room, Rio de Janeiro

A hidden treasure, a palace devoted to books and one the most beautiful libraries in the world, this has to be on your bucket list. Its limestone exterior was inspired by the famous Jerónimos Monastery in Lisbon, where it was built before being shipped to Rio de Janeiro. And the interior is just as stunning: There's a red, white, and blue stained-glass window letting natural light in through the ceiling, while a silver, marble, and ivory altar welcomes visitors into the building.

Tianjin Binhai Library, China

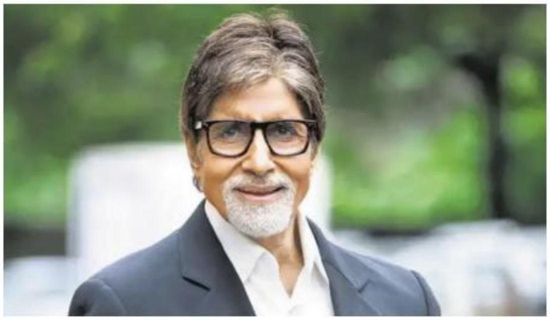
If China's Tianjin Binhai Library looks familiar, it's probably because photos of the building's futuristic design went viral when the building opened its door in 2017. (It received over 10,000 visitors per day back then, and continues to be Tianjin's top tourist attraction.) Designed by Dutch firm MVRDV, the library features a huge luminous sphere (called 'The Eye') in the middle of an auditorium, cathedral-like vaulted arches, and undulating floor-to-ceiling shelves. There's just one catch: The highest, inaccessible shelves don't actually have books on them—instead, they hold aluminum plates printed with book images. But hey, smoke and mirrors can be beautiful too.

The Morgan Library & Museum, New York City

If you've ever wondered what a multimillionaire's personal library looks like, look no further than the Morgan Library & Museum. Spread among three buildings once owned by financier J.P. Morgan, this Madison Avenue landmark includes galleries, libraries, a performance hall, and, of course, Morgan's private book collection. Trust us, the library is worth the hype, with gold decorations, fresco-covered ceilings, and three floors of bookshelves—some connected by secret passageways.

Big B's Big 52

Bollywood icon, Amitabh Bachchan, aka Big B celebrates 52 years in Bollywood. He has won millions of hearts over these 5 decades, and has been an inspiration to many. Upon this overwhelming occasion, Mr. Bachchan took to sharing a collage of the many roles he played over the 52 years, right from his first film, Saat Hindustani (1969), to Gulabo Sitabo (2020). He posted different avatars he portrayed from 56 of his movies, which included Deewaar, Zanjeer, Abhimaan, Coolie, Khuda Gawah, Bade Miyan Chote Miyan, Sooryavansham, Kabhi Khushi Kabhie Gham, Mohabbatein, Baghban, Paa, Sarkar. Big B took to a Gen Z style of writing and captioned his picture "52 years .. !!! Goodness .. thank you Ef Moses for this compilation .. still wondering how it all went by."



Devgn's new home

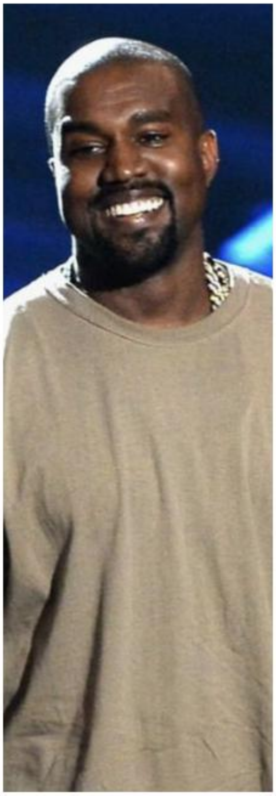
Actor, director and producer Ajay Devgn, has decided to invest in a second house in Juhu, Mumbai, during a global pandemic. The bungalow is in close vicinity with his and Kajol's first house, Shakti, in Juhu itself. The price of the bungalow was not revealed by Devgn himself, but from sources. The bungalow is supposedly worth around Rs. 60 crores. It is spread across 590 sq yards. The couple have been looking for a new bungalow since last year, sources say. The bungalow belonged to the Late Pushpa Valia, and is worth around 65 to 70 crores. To Devgn's benefit, due to the global pandemic, he seemed to have acquired it at a lower price.

Has Kanye moved on already?

Since the time Kanye and Kim decided to put an end to their nuptials, Kanye showed no remorse in indulging in new relationships.

Rumors have it, a certain connection has been stirring up between Kanye West and Irina Shayke, a well-known Russian Supermodel. She has previously dated Cristiano Ronaldo before marrying Bradley Cooper, whom she shares a daughter with.

Irina Shayk is not entirely new in West's life, she was one of the models who starred in Kanye's Power music video in 2010, and walked the ramp in his Paris Fashion Week runway in 2012. West also rapped in 'Christian Dior Denim Flow,' "I wanna see Irina Shayk next to Doutzen".



Wedding Bells for Ariana

"Thought I'd end up with Sean, but he wasn't a match. Wrote some songs about Ricky, now I listen and laugh. Even almost got married, and for Pete, I'm so thankful. Wish I could say "thank you" to Malcolm, 'cause he was an angel"

After a series of unfortunate events, Ariana seems to have found her forever Muse.

Ariana Grande shared the first glimpse of her wedding pictures on Instagram captioned "5.15.21." She has tied a knot with Dalton Gomez, an American real estate agent and had a low-profile wedding with less than 20 people.

The couple began dating in January 2020 and quarantined together during the Covid-19 pandemic. Ariana and Dalton got engaged in December 2020 and decided to become one in May 2021.

Chiranjeevi's initiative towards the global pandemic

Megastar Chiranjeevi seeks to extend a hand in community service for those affected by the chronic CoronaVirus. On the 26th of May, 2021, Chiranjeevi launched oxygen banks in the State of Telangana. They are being supervised by the district presidents of the Chiranjeevi fans association. He successfully established these within weeks of negotiation. His son, Ram Charan Tej was monitoring the arrangements being made for the establishments. He made a new Twitter account in the name of Chiranjeevi charitable trust for the same. Chiranjeevi said on a Twitter post "Mission begins. Let there be no deaths due to lack of life saving oxygen", with a prompt video in which he talks about his new venture.

Mahesh Babu's endearing gesture

A well-known Telugu icon and star of the Tollywood industry, Mahesh Babu, arranges a vaccine drive on his father's birthday, Krishna, a former veteran actor, in his ancestral village, Burripalem. He posted on Instagram and quoted, "Vaccination is our ray of hope for a normal life again! Doing my bit to ensure everyone in Burripalem is vaccinated and safe. Extremely grateful to @ andhrahospitals for helping us arrange this vaccination drive. Special mention to @mbofficialteam for volunteering on the frontlines during these unprecedented times. Really appreciate all the villagers for understanding the importance of vaccines and coming forward to get their shot. Get vaccinated! Stay safe everyone." This was a birthday gesture for his father, as according to his previous Instagram post, the actor posted a picture of him and his father captioned, "Happy birthday Nanna.. Thank you for always showing me the best way forward.. Love you more than you'll ever know."

IPL to commence again in U.A.E

In early May, IPL was suspended as Kolkata Knight Riders' players, Chennai Super King's bowling coach and travel team support staff members had tested positive for CoronaVirus. The Board of Control for Cricket in India (BCCI), on the 29th of May 2021, announced the completion of the remaining matches of VIVO Indian Premier League 2021, which is the 14th season, will take place in the United Arab Emirates(U.A.E.) considering the monsoon season in India in the months of September-October this year. There are a total of 31 matches yet to be played, and these are most probably going to be held between the 18th of September and the 10th of October, 2021.

vivo
vivo
IPL

WINNERS
UEFA CHAMPIONS LEAGUE 2020/21
CHELSEA
CHELSEA

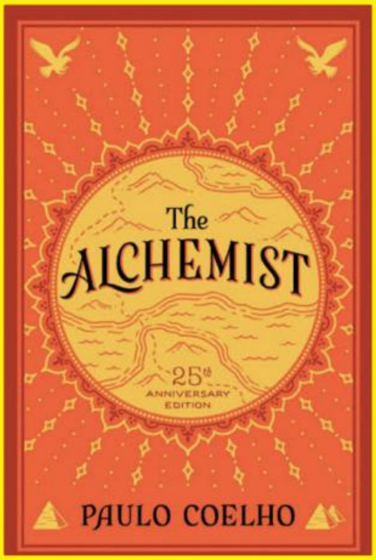
Blue's take it home

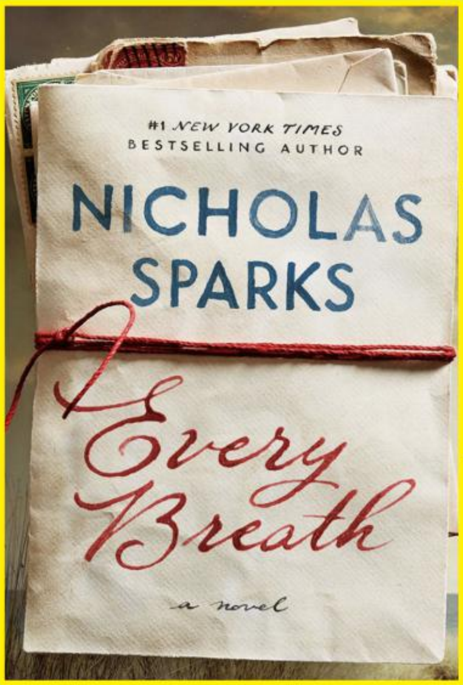
This English Professional Football Club, based in Fulham, West London, recently won the title of the Champions League, which was held on the 30th of May, 2021. The Blues won the title for the second time - first time since 2012. This was a big win for them. Chelsea fans have had to watch Man City and Liverpool's victory's for five consecutive years, finally after which they stole the title of the Champions League trophy. Five months ago, the Blues seemed to have been pretty blue, as they lay very low on the points table. The tables have turned, and so has their shade of blue, from a melancholic one, to a much brighter and happier one.

BOOKS

The Alchemist

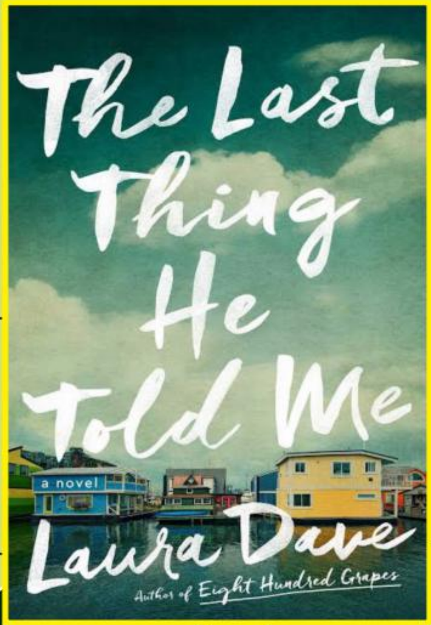
Paulo Coelho's masterpiece The Alchemist tells the mystical story of Santiago, an Andalusian shepherd boy who yearns to travel in search of a worldly treasure. His quest will lead him to riches far different and far more satisfying than he ever imagined.


The
ALCHEMIST
25th
ANNIVERSARY
EDITION
PAULO COELHO


#1 NEW YORK TIMES
BESTSELLING AUTHOR
NICHOLAS
SPARKS
Every
Breath
a novel

Every Breathe

Every Breath by Nicholas Sparks is about an ER trauma nurse Hope Anderson who thought, spending a week at her family's cottage would be a short respite from her troubles. Instead, she meets a man who will forever change her life. A man from a different continent who is facing down his past, looking for answers regarding his parents. When the two strangers cross paths, their connection is as electric as it is unfathomable, but in the immersive days that follow, their feelings for each other will give way to choices that pit family duty against personal happiness in devastating ways.


The Last
Thing
He
Told Me
a novel
Laura Dave
Author of Eight Hundred Grapes

The Last Thing He Told Me

In Laura Dave's novel, The Last Thing He Told Me, Hannah's husband, Owen, disappears leaving behind a note instructing her to protect his 16-year-old daughter and Hannah's stepdaughter, Bailey. Hannah is processing what that means while Owen and his business are under investigation by the FBI. As Hannah questions her husband's true identity and whom she can trust, she must be the parent that Bailey may not want but who she certainly needs. This becomes harder to do as Hannah realises there's more to her husband's life story than she knew.

HOROSCOPE JUNE 2021

Aries

The universe and everything in it is permeated by energy and you have yours now. You now have the energy, desire and good timing to gain attention or to attract others to you. Advance your ideas and position by taking the initiative.

Taurus

Take it easy and relax. Retreats that include water therapies—Jacuzzis, float tanks (sensory deprivation in salt water) or hot springs would be ideal. Take a beach vacation. Drink more water. Renew intimacy with those you have put on hold.

Gemini

You have greater clarity of perception, thought and communication. You can successfully engage in challenging conceptual thinking, conversation, debate or selling. Show your bright mind. Don't waste a fine opportunity by being mentally lazy. Think. Read. Learn. Write. Talk. Try Ginkgo Biloba or any other mind enhancing supplements that improve memory or stimulate healthy brain function.

Cancer

This is a highly fertile time, one that brings the birth of new elements into your life. If you want to get pregnant, now may be the time. Who, what and where restores you? Take time for these things. Heal family wounds through compassion and sensitivity—the system gets stirred but also healed. Tender acts towards others transform.

Leo

Fresh starts are favored this month. Get rid of what no longer serves you. Shine your big-hearted Leo light, as the world needs it most now. Bless others with messages of faith and hope. Try Sunflower and Borage from the California flower essence* line to strengthen your positive spirit and courage.

Virgo

Work with discipline and patience. Take on your most demanding projects, especially those that depend on your leadership and your own personal effort. As this influence favorably affects your health, make improvements to your diet or overall lifestyle, and to strengthening your body.

Libra

Any relationship that begins now is likely blessed by the Goddess. Be loving. Be receptive. Express your heart. Enhance your pleasure. Deepen intimacy with massage, fantasy or indulgence. Buy The Art of Sexual Ecstasy by Margo Anand to learn sacred lovemaking techniques. The world needs lovers now.

Scorpio

Be quiet and listen to the subtle as the Gods speak to you now. Pay attention to synchronicities and symbols, especially those of water. Learn about the alchemical process of solution as a rich metaphor for you to understand your nature.

Sagittarius

Reflect on the element of Fire as Spirit, Eros, Sun, Mountain, King, Gold and Purification. Build, light, gaze and tend fires—fire-pits, fireplaces or a simple candle will do. Rededicate yourself now to your renewed spiritual vision.

Capricorn

You have the ability to successfully seed an intention within the hour suggested. Or concentrate then upon an important matter that has been stuck and needs to move forward with creative change. Watch what happens.

Aquarius

Empower your dreams with strong intention. Make a collage of words and images that you would like to see manifest for yourself. See this in your mind's eye. Study this collage. See this vision drawing toward you. Stretch into its possibilities.

Pisces

Concentrate on how you root yourself to the earth. Practice grounding exercises: stamp your feet. Drum. Eat root vegetables. Sit on the earth. Hug a tree. Garden. Work your hands in clay or through a bowl of soil. Start a regime to strengthen your body.

ADD YOUR LISTING

To add a listing in a particular section, send in your entries to 1-8-308/2/2, 4th floor, Near Modi Ford Showroom, Begumpet, Hyderabad - 500016

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Oxford Book Store
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Renault Hyderabad
B, Near Kamineni/3-7-112/20/3 Hospital, LB Nagar
6599 2403 040

Volkswagen Deccan
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COFFEE SHOPS

Cuppa
Nagarjuna Hills ,70
4014 4019 040

Minerva Coffee Shop
Ground Floor, ,6-3-1110 Amrutha Mall, Raj Bhavan Road, Somajiguda
5910 2341 040

The Lounge-Cafe Coffee Day
Banjara Road, Banjara Hills, Lane After City, OppTaj Krishna
61065 093946

SkyPark Cafe
B/B1, Owners Pride,/8-2-68/1 5th Floor, # 12, Road, GS Nagar, Nandi Nagar
5510 6456 040

Starbucks Coffee
Road No. 92, Near Apollo Hospital, Jubilee Hills
0010 266 1860

FITNESS CLUBS

Degrees 360
,Rd. No. 36, Jubilee Hills
Tel : 23552360

F45 Training
Film Nagar, Jubilee Hills
64545 073067

Core Fitness Station
,Road No. 37, Jubilee Hills
1999 6559 040

Ozone Fitness & Spa
,Road No. 1, Banjara Hills
0000 3910 040

Gold's Gym
Himayatnagar, 090000 26767

HOSPITALS

Apollo Hospitals
,Rd. No. 10, Jubilee Hills
Tel : 23553323, 23608050

Care Hospitals
,Rd. No. 1, Banjara Hills
Tel : 30418488, 30116142

Rainbow Childrens Hospitals
,Rd. No. 10, Banjara Hills
.Tel : 23319064, 23319062

Yashoda Hospital
Somajiguda, Tel : 67779000

Sunshine Hospitals
Secunderabad, 040 4455 0000

The Birthplace
Road No. 2, Banjara Hills
9999 6713 040

HOTELS

ITC - Kakatiya
Begumpet, Tel : 23400132

Marriot
Tank Bund,Tel : 66522999

Novotel
Shamshabad - Tel : 66250000
Hitech City - Tel : 66824422

Radisson Blu Plaza Hotel
Road No.6, Banjara Hills
Tel : 040 67331133

Westin
,Hitech City - Madhapur
Tel : 67676767 / 67676828

INTERIOR

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69999403 040

Inhabit
,Road No. 10, Banjara Hills
Phone:040 2335 8223

JEWELLERS

Mangatrai
,Basheer Bagh, Tel : 23211083

Musaddilal Jewellers
MG Road, Secunderabad
27846770 040

Suhani Pittie
Above Elahe, Rd No.10, Banjara Hills, Tel : 67114636

TBZ
Punjagutta, Tel : 23400231

Krishna Pearls & Jewellers
Inorbit Mall, Madhapur
19163 098490

CMR Jewellers
Patny Center, Secunderabad
9989222916

Mor Jewellers
R K Plaza, Panjagutta
5786 2340 040

MOBILES

Big C
Hitech City, Madhapur
31888 099668

Mega Mobile
A/2, Shop No.2,/#10-4-41 Golconda Apartment, S.D. Hospital Road, Castle Hills
79046 091778

Cellworld Communications
Door No. 5-9-62, Shop No. 42-46, Khan Lateef Khan Estates, LB Stadium Road, Basserbagh
77759 095534

MULTIPLEXES

IMAX Prasadz
,Near NTR Gardens
Tel : 23448989 / 39895050

INOX
,Gvk Mall, Rd No.1 Banjara Hills
Tel : 44767770
(www.inoxmovies.com)

PVR Cinemas
Punjagutta X Road
Tel : 66621115 / 66621116

PET CARE

Blue Cross Animal Shelter
Neeru's Emporio on Road No.36 Jubilee Hills, 040 3298 9858

Olive's Pet Clinic
,DC Classifieds, Basheerbagh
25960 095507

Petcetera Home Stays
International School, Tapovan Park, Manikonda, 098857 27269

Dr Dog Care
Reddy House Mla Colony, Jubilee Hills, 040 6461 8100

PUBS

TOT Nightclub
Plot 115, Road 10, Jubilee Hills, Hyderabad
Tel : 9249599999

Hard Rock Cafe
,Rd. No.1, Banjara Hills
Tel : 44767900

Vertigo - The High Life
,Road No.12, Banjara Hills
3599 6599 040

RESORTS

Alankrita
Thumkunta Village, Shameerpet
Tel : 27709106 / 27709104

Palm Exotica Boutique Resort & Spa
,Parveda Village, Shankarpally
Tel : 42020222 / 42020444

Lahari
Bhanoor, Near Pancheru
Tel:23492350

Leonia
,Rd. No. 1, Banjara Hills
Tel : 66465678, 23350744

Golconda resorts and spa
,Osman Sagar Lake
6969 3069 040

RESTAURANTS

Affair
Plot No 115, Road 10, Jubilee Hills, Hyderabad
Tel : 9249899999

Little Italy
,Road. No. 92, Jubilee Hills
Tel : 23558001 / 02

Glocal Junction
Road No. 1,Jubilee Hills, Hyderabad
33165688 040

Chime
,Nanakramguda, Gachibowli
49251142 040

China Bistro
,Road No.1, Jubilee Hills
0999 6516 040

Sodabottleopenerwala
,Road No.1, Jubilee Hills
8681 6888 040

Aamantran Hotel & Banquets
,Road No.12, Banjara Hills
RTC X Roads. 7997993375

RETAILERS

Jade Blue
,Road No.1, Banjara Hills
23307774/75/76 040

Elahe
,Road No.10, Banjara Hills
Tel : 23350130

RWardrobe
,Road. No.1, Banjara Hills
66620390 040

Mebaz
.Begumpet, Tel : 40112222

Neerus
Banjara Hills : 66756666
King Koti, Tel : 66665588

Origins
Begumpet, Tel : 66629917 / 16

BIBA
Punjagutta, 040 6678 2244

Westside
,Somajiguda Circle
0421 2340 040

CMR Shopping Mall
Patny Center, Secunderabad
9989222916

SALONS

Paris de salon
Main Road, MLA Colony, Banjara Hills, Tel : 67120183

Naturals Unisex Salon & Spa
Inorbit, Madhapur
1111 4202 040

Manea
Madhapur, 040 6453 2323

Lakme Salon
Madhapur, 040 4021 2003

Mirrors
Road No.1, Jubilee HIlls
4236 2354 040

SPAS

Opium Spa's
,Road No. 36, Jubilee Hills
0269 6589 040

Park Hyatt-Spa
,Road No. 2, Banjara Hills
1234 4949 040

Aura Spa
Road No.12, Banjara Hills
0226 6550 040

O2 Spa
GVK One Mall Banjara Hills
Tel : 9959010088

SUPER MARKET

Balaji Grand Bazar
Basheer Bagh, Hyderabad
Tel : 040 - 23228802